

Stay On Your Feet®

Don't struggle alone. Please ask for help with walking, toileting, eating or activities when needed.

- M** **Move** regularly by walking in appropriately fitted footwear or doing seated exercises
- O** **Orientate** yourself – know how to call the nurse and where the bathroom is
- V** **Vision** is important so keep glasses within reach and ensure spaces are clutter-free
- E** **Eat** well every day and stay hydrated
- S** **Self care** by exercising your brain with sudoku, crosswords and puzzles

v1.00 | 03/2020

