**20 June 2019**

**Get up, get dressed and get moving campaign launches for 2019**

Get up, get dressed and get moving is the message being highlighted to patients, their families and DHB staff across the country on Thursday, 4 July 2019.

This annual campaign is linked to the global social movement #endPJparalysis reminding people of the benefits of keeping as active as possible while recovering in hospital.

Getting up and moving has been shown to reduce the risk of falls, improve strength and stamina and enable patients to recover sooner. Evidence shows 10 days in a hospital bed can lead to 10 years’ worth of loss of muscle mass in people over the age of 80.

Health professionals are working to reduce prolonged bed rest and encourage physical independence while in hospital. Where appropriate, whānau are encouraged to support their family member to get up, get dressed and get moving. These activities should be continued when patients return home.

[Enter your spokesperson and appropriate comment similar to the example below]

Waitematā DHB professional and clinical lead for physiotherapy Sharon Russell says staying active is the key to enhancing quality-of-life for people recovering from an illness or injury that has resulted in limited mobility.

“It’s proven that patients get better faster when they swap out bed-rest for active recovery, which can include simply getting up for the day, getting dressed and walking down the corridor to eat lunch in the patient lounge,” she says.

“Every little bit of activity can help keep people get strong and healthy. This will help them carry on with what they were able to do at home. People should speak to their healthcare professional about what they could do to stay active.”

Waitematā DHB gerontology nurse specialist Elaine Docherty says losing the ability to get out of a chair or walk to the toilet can be devastating for many older people.

“If you get dressed in your own clothes, you’re more likely to walk around, feel more confident and restore your sense of self. This can be the difference between dependence and independence.”

ENDS

For more information, phone [enter your best contact number].