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Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

# Get Up, Get Dressed, Get Moving

## What to bring when you come into hospital

- Comfortable day time clothes
- Underwear, socks and washbag for used laundry
- Well-fitting shoes (with grips)
- Pyjamas/nightdress (for night time only)
- Washbag and hygiene items
- Mobile phone and charger
- Day time activities/entertainment (books, puzzles, electronic devices)



A national initiative 'GET UP, GET DRESSED AND GET MOVING' encourages patients to get dressed in their own clothes, get out of bed and moving as soon as possible. This helps to prevent loss of mobility, strength, infections and overall deconditioning.

Due to injuries or surgery, you may have limited mobility. Physiotherapists and nursing staff are experienced at maximising your mobility within safe limits.



**IF YOU CAN:**

- Sit up in your chair
- Sit up for your meals and eat unaided
- Move around the ward (either alone or with help)
- Do gentle exercise throughout the day

Staying active while in hospital can aid your recovery and help you to maintain your independence





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