



We're here to help you take simple steps to be active, healthy and independent during your hospital stay which can help you to recover faster and get home sooner.

Did you know?

Staying in bed can lead to your muscles **getting weaker**, making it harder for you to **get around**

get up

get moving

feel better

We

care

A collection of various orange icons representing different aspects of life and health, including clothing, shoes, musical instruments, books, and medical supplies, arranged in a curved path across the top of the page.

Please bring with you to hospital:

- Day clothes
- Comfortable shoes
- Regular medication
- Glasses
- Hearing aids
- Non-slip slippers
- Toiletries
- Night clothes
- Dentures
- Usual walking aids
- Any medical or community care plans (if applicable)

To find out more about how we're helping patients be active and independent please visit: www.ekhuft.nhs.uk/ican

We
care