

Get up. Get dressed. Get moving.

Pyjamas say you're unwell.
Clothes say you're getting better. Ask your care team about making a plan, together.

What is PJ paralysis?

PJ Paralysis describes the unwanted effects of laying in bed for a long time. The effects include weakness, muscle loss, constipation and malnutrition.

Why end PJ paralysis?

Hospital inactivity is associated with:

- five times greater the risk of needing institutional care on discharge
- 48 per cent increase in needing help with daily activities one month after discharge

Did you know?

For people 80 and over, 10 days in a hospital bed equals 10 years of muscle aging.



End PJ Paralysis

What can patients do to end PJ Paralysis and speed their recovery?

- Get dressed in your own clothes
- Eat meals sitting in a chair or on the edge of your bed
- Sit in a chair or go for a walk when you have visitors
- Do simple exercises on your bed or chair. Ask us how
- Get moving out of your room. (Track your distance using the End PJ Paralysis footprints.)

How can families and friends help?

- Bring clean, loose-fitting clothes with zippers, elastic waist bands and wide leg and arm openings, as well as well-fitting, comfortable shoes
- Bring mobility aids such as walkers and canes
- Take worn clothes home for cleaning
- Talk with your loved one and their caregivers about moving
- Be patient and continue to encourage your loved one.



Want to learn more?
Visit [AHS.ca](https://www.aHS.ca) and search
for End PJ Paralysis.

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