

# Elder-Friendly Environments: Deconditioning... Prevention is the Key to Success

## What is deconditioning?

“A complex process of physiological change following a period of inactivity, bedrest or sedentary lifestyle, which results in functional losses.”

## Strategies to prevent DECONDITIONING

### What can you do?

- Range of motion exercises.
- Early mobilization:
  - out of bed for meals
  - regular physiotherapy.
- Promote independent function, e.g. bathing, toileting.
- Optimization of medical factors, e.g. nutrition, regular review of medications.

