

Rehabilitation following a Hospital Stay

Information for patients

**Easy
Read**



easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

rehab and recovery



When you have been unwell you need time and support to recover when you go home.

going home



This recovery will start in hospital but can carry on at home.

my support

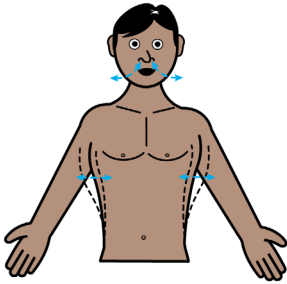


Staff will give you a plan.

This is called a rehabilitation plan.

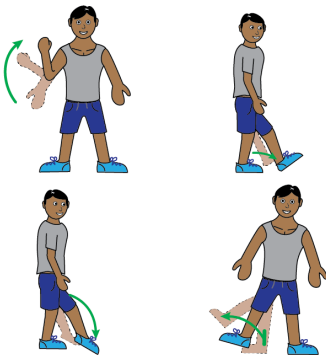
You will get support if you need it.

breathing



They will give you breathing exercises.

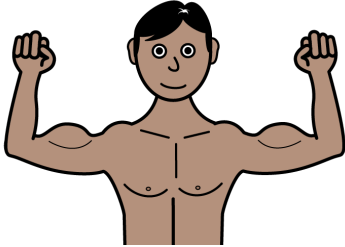
exercises



And light activities to do.

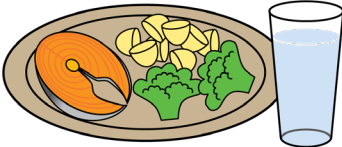
This is called rehabilitation.

muscle strength



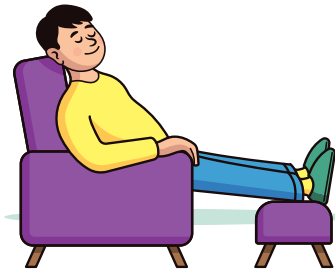
This will help to build up your muscle strength.

food and drink



You will need to eat a healthy diet.

rest and recovery



You will be need to rest.
You need to recover.

my support



Please ask your GP for more support if you do not feel like you are getting better.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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Produced by: Medical Illustration Services • MID code: M20220329_003/DG

LN005587
Publication date
02/2023
Review date
02/2026