

How does skin change with age?

- Decreased sensation
- Increased dryness
- Thinning of the skin
- Lower Vitamin D synthesis
- Reduced ability to fight infection
- Reduced control of temperature
- It takes longer for the skin to heal
- Reduced elasticity and strength



This is a guide only and does not replace clinical judgment

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Skin Care

Information for clients, family and carers



Skin Care

Functions of the skin include:

- protection
- providing a barrier to infection
- sensation or feeling
- temperature control
- production of Vitamin D
- elimination of waste (e.g. sweating)

Risk factors for skin problems:

- poor general health
- reduced ability to move around
- poor hydration or nutritional status
- poor circulation
- advanced age
- incontinence
- some medications



The skin is the largest organ of the body

Check your skin daily for:

- wounds
- rashes
- bruising
- skin changes

Regular checking of your skin is important

It is estimated that 70% of older adults have skin problems

Tips on caring for your skin

✓ Do

- Eat a healthy diet
- Drink six to eight glasses of fluid every day
- Change position frequently
- Wear loose cotton clothing
- Moisturise dry skin twice daily
- Pat skin dry gently. Do not rub.
- Avoid over-heating skin
- Barrier creams or films can protect skin from incontinence

✗ Don't

- Do not use products that irritate skin e.g. perfumed lotions
- Do not use soap for bathing—try liquid body wash for cleansing
- Do not rub the skin over bony areas e.g. hips
- Do not use tapes or adhesives on skin