

How does skin change with age?

- decreased sensation
- increased dryness
- thinning of the skin
- lower Vitamin D production
- reduced ability to fight infection
- reduced control of temperature
- 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 people, 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
- cognitive impairment
- reduced ability to move around
- poor hydration or nutrition
- 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 75% of older adults have skin problems

See a health professional if you notice skin changes or wounds which are slow to heal

Tips on caring for your skin

Do

- ✓ Eat a healthy diet
- ✓ Drink fluids to stay hydrated
- ✓ Change position frequently
- ✓ Pat skin dry gently, do not rub
- ✓ Wear loose cotton clothing
- ✓ Consider silk-like fabrics for bedding to avoid friction
- ✓ Moisturise dry skin twice daily
- ✓ Avoid over-heating skin
- ✓ Protect skin exposed to friction
- ✓ Barrier creams can protect skin from excess moisture

Don't

- ✗ Do not use products that irritate skin e.g. perfumed lotions
- ✗ Do not use soap. Try liquid body wash or cleansers
- ✗ Do not rub the skin over bony areas, e.g. hips
- ✗ Do not use tapes or adhesives on skin