

## How does skin change with age?

- decreased sensation
- increased dryness
- thinning of the skin
- decreased Vitamin D synthesis
- reduced ability to fight infection
- decreased 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**

### References:

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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
- Metabolism of Vitamin D
- Elimination of waste

## Risk factors for skin problems

- Poor general health
- Reduced ability to move around
- Poor nutritional status
- Smoking and alcohol usage
- 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 assessment of the skin is important**

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

## Tips on caring for your skin

### ✓ Do

- Eat a nutritious diet
- Drink 6—8 glasses of fluid every day
- Change position frequently
- Wear loose cotton clothing
- Moisturise skin twice daily
- Pat skin dry. Do not rub
- Use absorbent, disposable incontinence products if needed
- Barrier creams and films can prevent damage to the skin

### ✗ Don't

- Do not use products that irritate skin e.g. perfumed lotions
- Do not use soap. Try soap-free cleansers
- Do not wash excessively – water dries the skin
- Do not rub the skin over bony areas
- Do not use tapes or adhesives prevent damage to the skin