Tips to Informal Caregivers
on Giving Personal Care

To Help Prevent Pressure Sores

Help the person with proper exercise or activity that is included in the care plan developed by the doctor.

- Turn the person frequently if he is unable to move himself.
- Make sure the bottom sheet is pulled taut, checking for any possible skin irritant such as crumbs or wrinkles.
- Keep the person's skin clean and dry.
- Massage pressure areas frequently to stimulate circulation including bony areas such as the tailbone, shoulders, heels, and elbows.
- Washable sheepskin or chamois skin may be placed under the person to help absorb moisture, relieve pressure and protect the skin from irritation. Foam rubber under bony areas will also help relieve pressure.
- Encourage good nutrition to help nourish and heal body tissues.
- Report any redness at pressure areas to the doctor.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.