



Caring for Bed-bound Elderly people In these COVID times

Those who are bed-bound, require care and compassion, given their special needs and caregiver dependence.



Caregiver Actions

Wash your hands with soap and water, or use hand sanitizer every two hours



Keep your fingernails trimmed. Wear a properly fitting mask at all times



Wear clean clothes and footwear while taking care of elderly patients



Clean the floor/ surfaces with a suitable disinfectant such as Phenyl



Prefer wet mopping to dry sweeping



Bed linen must be changed at least three times a week and washed thoroughly & dried fully before use



Actions for an elderly person

- Sponge-bathe every day or as frequently as possible
- Change their clothes and underclothes daily and wash separately
- Their nails must be kept trimmed and the hair groomed
- The oral cavity / teeth must be cleaned after every meal and at least twice a day
- Change diaper at least once in 12 hours, or more frequently if the diaper is full / leaks
- Keep the genitalia / anal area clean with a moist cloth and soap if necessary, and dry afterwards



Ambient environment

- Keep the room well lit and ventilated. Open windows to let in the fresh air. Prefer natural light to the extent feasible.
- Maintain a cheerful, bright atmosphere for the elderly person.

