



# 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.



## Skincare



- The skin of a bed-bound elderly person must be checked daily for any wounds, infections or bed sores



- Do ensure that the bed-bound person is turned frequently with a pillow being applied on each side, each time, as required



- Do keep the skin moistened with a little coconut oil, or any other oil, as dry skin is brittle and can crack easily



- Do keep pillows or clothing between surfaces of skin, which come in contact, such as ankles, knees and thighs



- Use a pressure relief mattress to avoid bed sores

## Nutrition

- Do seek guidance to provide a balanced diet as advised by a doctor or a dietician
- Heat foods thoroughly for safety and cool sufficiently before feeding
- Bed-bound persons must be fed in a propped-up position with back support, if they need assistance with feeding



## Human values

- Be compassionate when caring for a bed-bound person
- Attend to them with respect and be sensitive towards their dignity
- Treat bed-bound persons, as you would like yourself to be treated

