

Personal Hygiene Tips for Seniors



Adhere to a routine

Daily routine should include bathing at least once a day, brushing teeth in the morning and before bedtime.



Handle seniors gently

Ageing makes you physically more delicate - be extra careful and give instructions gently.



Encourage independence

Encourage the active movement of limbs and give your loved one control over themselves.

Take Care Patients Guide To Personal Health

Mike Jess



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