

# 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

**Judd E. Hollander**



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