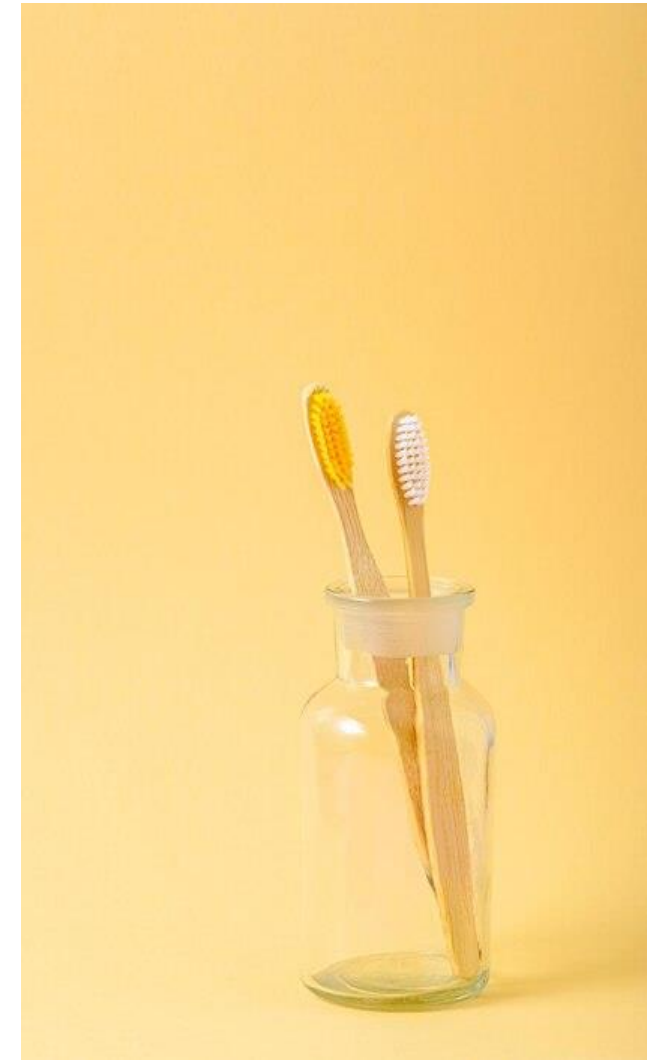


INTRODUCTION

Hygiene plays an important role in health and well-being. Proper hygiene helps to keep clean, prevent problems and provide comfort. In this article, we will consider the importance of hygiene for the elderly, features and recommendations for its optimal maintenance.

IMPORTANCE

Hygiene plays an important role in maintaining the health and comfort of the elderly. Regular washing and body care help prevent infections, maintain cleanliness and provide comfort.



HYGIENE FEATURES. CONSIDERATION OF PHYSICAL LIMITATIONS AND NEEDS.

Elderly people may have physical limitations that need to be taken into account when carrying out hygiene procedures. They may need additional support and assistance. For example, for people with limited mobility, you can use special devices for washing your back or brushing your teeth.



CARING FOR VULNERABLE AREAS

Older people may have vulnerable areas that require special attention. These may be areas with sensitive skin or areas that need special care. Caring for these areas includes regular washing and the use of emollients and moisturizers.



REGULAR BODY WASHING AND THE USE OF MILD REMEDIES

Regular body washing helps to keep the skin clean and prevent infections. It is recommended to use a mild soap with a neutral pH to avoid dryness and irritation of the skin. You can also use soft hygiene products designed for the elderly.



DENTAL AND ORAL CARE

Dental and oral care is important to prevent problems with teeth and gums. It is recommended to brush your teeth twice a day using a soft toothbrush and toothpaste. It is also important to visit the dentist regularly.



SKIN AND NAIL CARE

Systematic moisturizing of the skin contributes to its preservation in a healthy and hydrated state. The older generation is advised to use products with moisturizing and softening properties. It is also important to pay attention to the condition of the nails, ensuring their regular trimming.



KEEPING CLOTHES AND UNDERWEAR CLEAN

Clean clothes and a bed provide comfort and prevent dirt problems. It is recommended to wash clothes and underwear regularly to keep them clean.



QUESTIONS that older people ask most often:

- How often do I need to take a bath or shower?
- What kind of soap is better to use?
- How to cope with physical limitations during hygienic procedures?
- How to maintain optimal hygiene for people with dementia or cognitive problems?



FOR EXAMPLE

How to cut the nails of a person in old age if he can't reach?

Toenails should be cut regularly: even if we do not talk about the need to keep nails neat and clean, it is necessary to cut nails in order to avoid complications such as ingrowth of nails into the body or diseases caused by the penetration of pathogenic microorganisms, viruses into the body.

But in old age, very often a person cannot reach his feet. The reasons may be different. For some, it doesn't really matter because they can go to the salon to get a pedicure at any time convenient for them. But in any case, the inability to trim their toenails indicates their inability to perform even such simple tasks as this, that is, their helplessness. Some people are very worried about this idea. So what prevents them from cutting their toenails?

Here are some of the possible reasons:

- **Overweight.** Due to overweight or obesity, it is difficult for people to stretch and reach their legs. They may need someone else's help to trim their nails for them.
 - Joint diseases. Joint diseases such as arthritis, rheumatoid arthritis, sprains or bursitis can limit a person's flexibility. So they may not be able to stretch out to trim their toenails.
 - **Age.** As people get older, they become less flexible, which can make cutting toenails more difficult, almost impossible, and more painful. In addition, their poor eyesight may make it impossible for them to see which toenails they are going to trim. This explains why many elderly people usually grow long toenails: they simply do not see them and cannot reach them.
 - **Injury.** For example, a person with a hand or hand injury cannot use them to cut toenails. Or a person has just had hip surgery and can't bend over to trim his toenails.
 - **Disability.** People who have been disabled as a result of a genetic disease or injury cannot perform even the simplest tasks, including such as cutting toenails.

How to trim your toenails if you can't reach your feet?

If you do not have the opportunity to visit a salon to get a pedicure, and you do not have a person who can come to your home and trim your toenails, then there are several tricks that will help you successfully cut your toenails:

- Using a footrest.
- The use of special devices for cutting toenails.



Using a footrest

This is the easiest and most budget-friendly way. Sitting comfortably on the sofa or in an armchair, I put my foot on the stand. You can use another chair or coffee table as a stand.



The use of special devices for cutting toenails

These devices are made specifically for people with excess weight or flexibility problems. Usually special devices have long handles that allow a person to reach out to the toenails and trim them.



Here are some of the best nail devices that are specially designed for people who can't reach their feet:

A nail clipper with a long handle.

The nail clipper has a long handle of 55 centimeters. The American manufacturer called it "A nail trimmer with an elongated handle for arthritis, overweight, thick nails, for people with disabilities and the elderly."

- On the Internet, you can buy them on Amazon for \$ 52, or 3800 rubles.



Pedicure scissors with a long handle.

These scissors make it very easy to cut toenails. Just keep in mind: since the handle is long, it takes time to get used to it, but over time you will learn to own it.



Clippers and clippers for thick nails

Another common problem in the elderly is that nails become thick in the absence of regular pruning. Therefore, they should not be cut with ordinary scissors, but with machines for cutting thick nails or ordinary nail clippers, which can easily be found in our stores.



Conclusion

Elderly people with problems usually leave their toenails long, thickened and hard. Such nails cause them pain. Such devices do not look aesthetically pleasing, and sometimes intimidating. Most often they are expensive, and it is inconvenient to use them.

General conclusion

Hygiene is an important aspect of health and well-being. Regular washing and care of the body, teeth, skin and nails help to maintain cleanliness, prevent infections and provide comfort. Following the hygiene recommendations, it is possible to maintain the good health and well-being of the elderly. We offer designers to develop a visually pleasing product or a set of products that will help elderly people to comfortably observe hygiene.

