



## **Your skin**



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

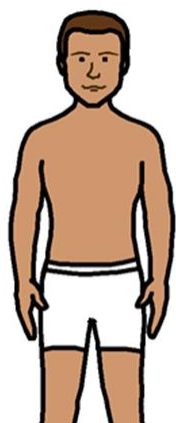
- 31
- 45.



You may be more than 55 years old.

You may be

- 58
- 75.

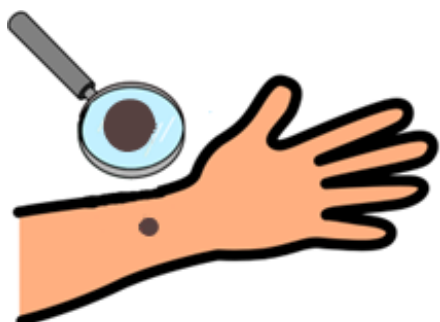


You have skin all over your body.



You are old. Your skin may be

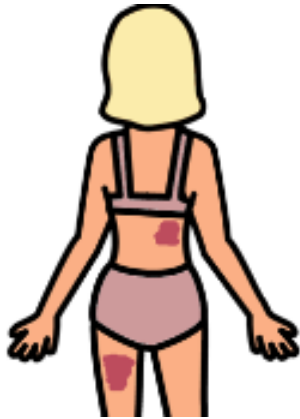
- loose
- dry.



You may get spots.

They are on your skin.

Ask your doctor to look at them.



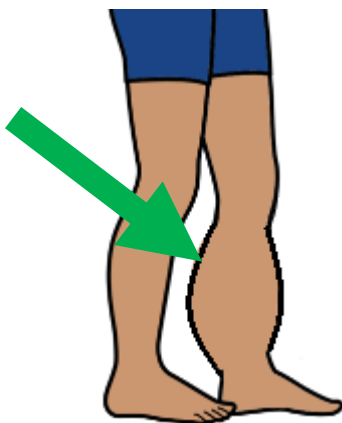
Your skin can hurt.

This can be at any age. Your skin may

- be red



- get cracks



- puff up. Some people say it swells up.



You may get a rash on your body.

Like on your

- arm
- leg
- back.



## What can you do?



A person helps you move.

You need to change where you are.

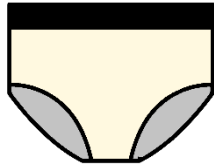
Like move to

- sit
- lie down
- stand.

**Or**



You need to move.



You wear special pants to  
catch your pee. It gets wet.  
You need to change them.



Wash your body. Do it each day.



Rub cream on your skin.



Wash your hands each time you

- eat
- cough
- sneeze.



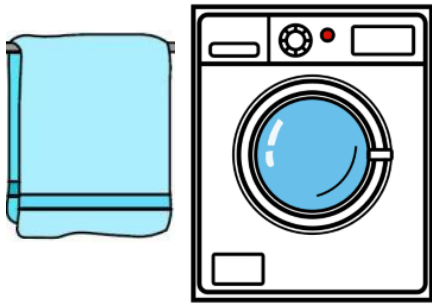
Drink water each day.



Eat good food. Like

- fresh fruit
- fresh cooked meals.





Wash the things you use. Like your

- towel
- bed sheets.

You do this each week.



You use things to help you.

Like an arm splint.

Clean your splint. Dry your splint.



Check your skin. Do this each day.



Your skin

- looks different.
- hurts.

Talk to your doctor.



They may give you

- cream. You rub it on your skin
- pills.



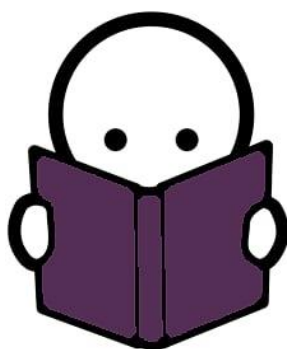
You may go to a special doctor.

They know about skin.

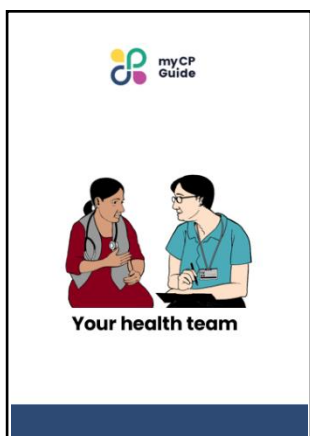


You need help to move. Talk to your

- OT
- physio.

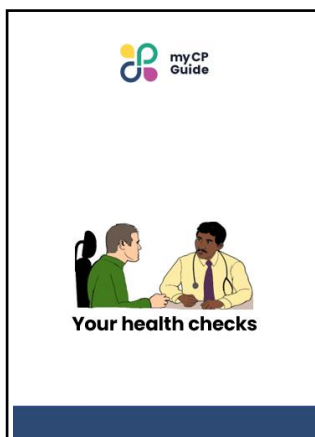


**You want to know more**



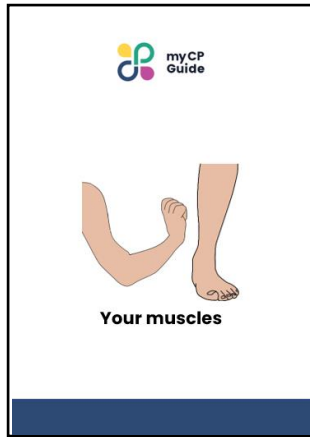
Read

**Your health team.**



Read

**Your health checks.**



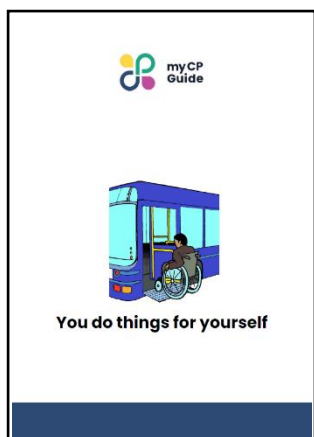
Read

**Your muscles.**



Read

**You eat. You drink.**



Read

**You do things for yourself.**

Or



**You do things for yourself. You are old.**