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# HOME-BASED WOUND CARE

## CARING FOR SOMEONE WITH A WOUND OR AT RISK OF DEVELOPING ONE

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### What You Need to Know



Learn to spot **early signs of fragile skin**: redness, darker skin patches, itching, or small sores.



Understand how to **help with daily care**, like washing and checking the skin.



Know how to **help the person move** or change position if they are immobile or find it hard to move themselves.



Be familiar with **support devices** (like cushions, special mattresses, braces, or feeding tubes) and how to use them safely.



Support the person's **nutrition**: healthy meals, enough fluids, and supplements if prescribed.



Learn the **best way to protect wounds and dressings**.



Keep contact details for **health and social support services** handy.



Know **when to call a nurse or doctor** if the skin or wound gets worse.



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### What You Need to Do

- **Check the skin every day**, especially on heels, hips, buttocks, and where medical devices touch the skin.
- **Help with movement** and change position often to relieve pressure.
- **Use support devices** as instructed by your healthcare team.
- **Make sure the person eats and drinks enough.**
- **Keep dressings clean and protected.** Only change secondary dressings if advised.
- **Report any changes** (by phone, message, or email) to the healthcare team right away.

### Support You May Need

- **Emotional support** – talking with someone you trust, or counselling.
- **Support groups** – meeting other caregivers in person or online.
- **Educational resources** – printed guides or online information.
- **Community services** – may help with equipment, meals, or home visits.
- **Secondary caregiver** – someone else who can help when you need rest.
- **Transport and accessibility help** – to reach health and social services.

**Remember:** Caring for someone with a wound can be challenging. You don't have to do it alone — use the support available and contact your healthcare team whenever you're unsure