

In-Home Aide Newsletter- September 2026 Posttest- Protecting Your Client's Skin

ANSWERS

1. Older adults are more likely to experience changes in their skin as they age.

True

2. Wrinkles and sagging skin are common changes associated with aging.

True

3. An in-home aide should report a new or worsening skin concern to the appropriate supervisor.

True

4. If a client has fragile skin, pulling or rubbing the skin during personal care is okay as long as the task is completed quickly.

False – Fragile skin can be easily injured. Use gentle care and avoid unnecessary pulling or rubbing.

5. Keeping the client's skin clean and dry can help protect skin integrity.

True

6. Redness, irritation, or a change in the condition of a client's skin should be ignored unless the client says it hurts.

False – Skin changes may be an early sign of a problem, even when the client does not report pain.

7. An aide should observe the client's skin during bathing and personal care and report concerns according to the agency's procedures.

True

8. Lotion or other skin products should be applied to every area of the client's body without considering the care plan or agency instructions.

False – Follow the client's care plan and agency procedures and use only products that are appropriate and permitted.

9. Proper nutrition and hydration can play an important role in maintaining healthy skin.

True

10. A small skin tear is not important because older adults commonly have fragile skin.

False – Skin tears should be taken seriously and reported according to the care plan and agency procedures.