



Older Adults and Chronic Wounds

As we age, the healing process slows, and there is a decrease in immune response and cell growth. Our skin becomes thin and more delicate, susceptible to cuts, scrapes and sores that are harder to heal.

In addition to these normal, biological functions, older adults are also at an increased risk of having conditions and limitations that amplify the effects of already delayed healing, like immobility and inactivity, diabetes and poor circulation.

Properly caring for wounds is important no matter your age, but for older adults especially, wound care is essential. While older adults can heal, the body's capacity to repair the skin on its own is often diminished, but specialized care from a wound center can help support the healing process.



IMMOBILITY AND INACTIVITY

When skin and soft tissue presses against a hard surface, like a chair or bed, for an extended period of time without movement or activity, a **pressure injury/ulcer** can form.



DIABETES

Complications of diabetes, like neuropathy and peripheral vascular disease, can lead to a **leg or foot ulcer**.



POOR BLOOD CIRCULATION

When plaque builds inside the arteries, blood, oxygen and nutrient flows are reduced or blocked, causing **vascular ulcers**.



Older adults are more likely to develop chronic wounds.

Alam W, Hasson J, Reed M. Clinical approach to chronic wound management in older adults. J Am Geriatr Soc. 2021 Aug;69(8):2327-2334. doi: 10.1111/jgs.17177. Epub 2021 May 17. PMID: 34002364.

➔ FOR MORE INFORMATION