



# Building Better Oral Health Communities

---

## Better Oral Health in Home Care Facilitator Guide

Activity 1: Better oral health in home care



**Government of South Australia**  
SA Health



Building Better Oral Health Communities

# Building Better Oral Health Communities

## Better Oral Health in Home Care

### Prepared by

Ms Adrienne Lewis, RN, BN, MNStud, MPM,  
Project Director, SA Dental Service

Ms Eliza Manuel, RN, BA, LLB,  
Project Manager, SA Dental Service

### With acknowledgement

Ms Glenda Whiting, RN, RM, BN, MBA, MEd,  
Principal Lecturer - Health, TAFE SA

This resource was developed by the Building Better Oral Health Communities Project which was funded by the Australian Government Department of Social Services under the Encouraging Better Practice in Aged Care (EBPAC) Initiative (2012-2014).

### The Building Better Oral Health Communities Project was led by SA Dental Service in collaboration with:

- Helping Hand Aged Care Inc SA
- Aboriginal Elders & Community Care Services Inc SA
- BaptistCare NSW & ACT
- Hunter New England Oral Health, NSW
- The University of Adelaide, SA - School of Nursing & ARCPOH.

### Disclaimer

While every effort was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed. In addition, the information in this resource is not intended as a substitute for a health professional's advice in relation to any oral health issues of concern.

### Creator

Lewis, Adrienne, author.

### Title

Better oral health in home care: facilitator guide/  
prepared by: Adrienne Lewis, Eliza Manuel.

### ISBN

9781742437330 (ebook)

### Notes

Includes bibliographical references.

### Subjects

Older people--Dental care--South Australia  
Older people--Health and hygiene--South Australia  
Mouth--Care and hygiene--South Australia

### Other Creators/Contributors

Manuel, Eliza, author.  
Building Better Oral Health Communities Project.  
South Australian Dental Service.

### Dewey Number

362.197600846

### For more information

South Australian (SA) Dental Service  
GPO Box 864  
Adelaide, SA 5001  
+61 8 8222 8222  
Email: [sadental@health.sa.gov.au](mailto:sadental@health.sa.gov.au)



[www.ausgoal.gov.au/creative-commons](http://www.ausgoal.gov.au/creative-commons)  
Public--I1--A1

© SA Dental Service,  
Central Adelaide Local Health Network 2014

If you want to alter, transform or build upon this work, you are invited to contact SA Dental Service.

### Design by We're Open

[www.wereopen.com.au](http://www.wereopen.com.au)

# Activity 1 Answers

## Better oral health in home care

### Instructions

Read	Watch
------	-------

#### Read Better Oral Health in Home Care Guide Part 1

Refer to:

- Oral health is essential for healthy ageing
- It takes a team approach
- Good oral health begins at home.

#### Watch Video

Care workers – oral health heroes (14 minutes)

[www.sahealth.sa.gov.au/oralhealthforolderpeoplevideos](http://www.sahealth.sa.gov.au/oralhealthforolderpeoplevideos)



### Answer

#### Characters



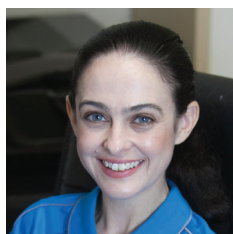
**Sally**  
Wife of Henry



**Henry**  
Client with dementia and Sally's husband



**Julie**  
Care worker



**Cathy**  
Care coordinator



**Max**  
Wheelchair bound client

1. What are some of the things noticed by Julie about Henry that she reported to Cathy?

- 'Shaggy' toothbrush
- Very slow eating and more picky with food
- Concern over how Sally was managing to clean Henry's teeth.

2. What are some of the things noticed by Sally that relate to Henry's oral health?

- Smelly breath
- Family (children and grandchildren) bothered by the way he eats.

3. What are the benefits of better oral health?

#### Quality of Life

- Eating better and improved nutrition
- Talking better
- No pain
- No bad breath
- Less challenging behaviours if pain free/comfortable
- Laugh, smile, not feel embarrassed.

#### Impact on General Health

- Reduced risk of chest infections (aspiration pneumonia)
- Reduced risk of heart disease and stroke
- Improved medical management of comorbidities such as diabetes, chronic heart failure and respiratory diseases.

4. What did Julie notice about Max that made her Stop, Check and Act?

- Bad breath
- Asked him when he last visited a dentist.

5. What did Cathy look at to help her assess Max's oral health status?

- Toothbrush
- Toothpaste supply
- Asked him to show he how he brushed his teeth
- Checked his denture plate (denture).

6. What was needed to assist in getting Max to the dentist?

- Dentist with wheelchair access
- Access cab
- Medical history and medications
- Aware of need for consent (if client cannot self-consent)
- Appropriate concession cards – pension/health care card, Medicare card.

7. What is Julie's role in achieving better oral health for Henry?

- Stop, Check and Act
- Eyes and ears of the organisation
- Noticing changes
- Reporting concerns to care coordinator
- Using her oral health knowledge.

8. As a care worker what skills did Julie need to be an oral health hero?

- Oral health knowledge and skills
- Good communication skills
- Caring attitude
- Stop, Check, Act
- Noticing changes
- Reporting changes to care coordinator.

