



# Building Better Oral Health Communities

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## Better Oral Health in Home Care Facilitator Guide

Facilitating adult learning



**Government of South Australia**  
SA Health



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## Better Oral Health in Home Care

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### 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was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed.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.

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The following adult learning principles have been incorporated into the structure of the *Better Oral Health in Home Care Facilitator Guide*.

### Multi-sensory learning

Most adults learn a new skill or knowledge best by using a combination of visual, auditory and kinaesthetic (by doing) senses.

Oral health information has been supported with a variety of resources such as PowerPoint presentations, AV resources, printed resources and reflective practice discussions.

### Active learning

Adults learn by doing.

The Program has been structured in a way which provides opportunities to apply oral health skills and knowledge including reflective practice through a case scenario discussion.

### First and last impressions

Adults tend to remember what they have seen and heard first and last.

An overview at the beginning of each session followed by summaries of key points throughout is embedded in the Program in order to break information into meaningful 'chunks' which is easier to remember.

### Feedback

Many adults often lack self confidence and may have negative memories from previous learning experiences.

Facilitators are encouraged to use constructive immediate, ongoing and informal feedback that builds confidence and motivates participants by showing them that they are contributing and progressing.

### Reward

Training must include simple and tangible results for adult learners to feel positive and satisfied.

Practical and meaningful resources and activities are used.



## Facilitating adult learning (continued)

### Meaningful materials

Adults prefer materials that relate directly to their level of existing knowledge and experience and can be utilised in practical ways.

Resource materials have been designed to match level of knowledge and experience of home care workers in the home care setting.

### Practice and repetition

Reinforcement helps adult learners retain and apply the knowledge and skills they are developing.

Oral health skills and knowledge have been pitched at a level relevant for participants. Opportunities to practise reflective practice is used to encourage the application of new knowledge.

### Respect

A mutual responsibility.

Facilitators and participants are encouraged to demonstrate tolerance, sensitivity and cooperation with regard to others previous experience, culture, learning styles and interests.

### Holistic learning

Provide a big picture context and then specific detail provides a logical framework for thinking.

The best ways to maintain an older person's oral health is presented in relation to general health as well as the key processes required to promote Better Oral Health in Home Care.

### Reward

Training must include simple and tangible results for adult learners to feel positive and satisfied.

Practical and meaningful resources and activities are used.

