



Building Better Oral Health Communities

Acknowledgement

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Overview

- Good oral health and healthy ageing
- Good oral health begins at home
- Encouraging better oral health care

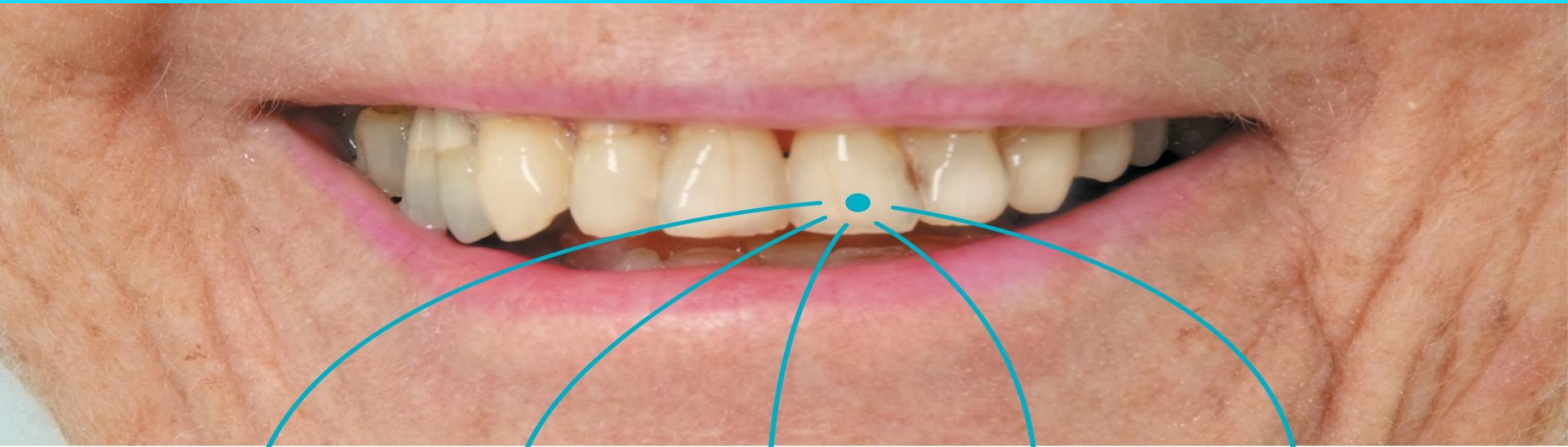
Oral health & healthy ageing

Oral health

1. Lips
2. Tongue
3. Gums & tissues
4. Saliva
5. Natural teeth
6. Dentures
7. Oral cleanliness
8. Dental pain



A healthy mouth will improve overall health and wellbeing



Help reduce risk of
stroke



Help prevent
heart disease



Help avoid
pneumonia



Help prevent
tooth decay



Help reduce
gum disease
& bad breath



It takes a team approach

1. Oral health assessment
2. Oral health care plan
3. Daily oral care
4. Dental treatment

Home care worker role

1. Encourage better oral health
2. Assist or remind about daily oral care
3. Report changes to RN or care coordinator

Good oral health begins at home



Care of natural teeth

- Brush twice a day
- Use a soft toothbrush
- Use a pea-size amount of fluoride toothpaste
- Spit but don't rinse
- Replace toothbrush every 3 months



Care of dentures

- Brush twice a day
- Use a denture brush with mild liquid soap or a denture paste to clean, then rinse well
- Use a soft toothbrush for gums & tongue
- Put cleaned dentures in a container of fresh water overnight
- Use a denture soaking tablet to disinfect dentures



Relief of dry mouth

- Sip plain tap water
- Limit sugary foods & drinks, juice, tea, coffee and alcohol
- Avoid dry or salty or spicy foods
- Use a water based lip balm
- Ask about dry mouth products



Tooth friendly eating

- Enjoy 'tooth friendly' foods such as vegetables, fruit, plain milk, yoghurt and cheese
- Drink plain tap water after meals, snacks, other drinks and medications
- Limit snacking



See a dental professional

1. Do you have any of your own natural teeth?
2. Have you had pain in your mouth while chewing?
3. Have you lost any fillings, or do you need a dental visit for any other reason?
4. Have you avoided laughing or smiling?
5. Have you had to interrupt meals?
6. Have you had difficulty relaxing ?



Quit smoking

- Talk to the doctor or pharmacist
- Call the QUITLINE on 13 7848
- Visit www.quitnow.info.au

Encouraging better oral health care

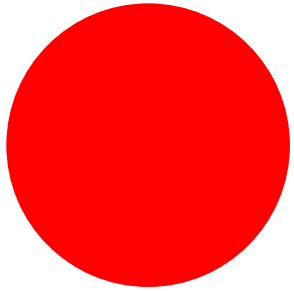
Thinking framework

How do you approach your work?

- task and time
- think and link

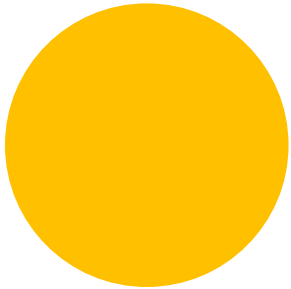


Thinking framework



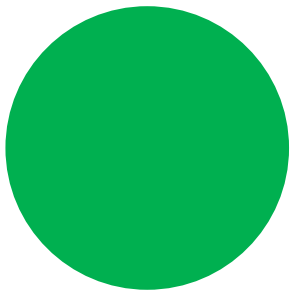
STOP

Is there a problem?



CHECK

What is happening ?



ACT

What should you do?





Conclusion

- Good oral health and healthy ageing
- Good oral health begins at home
- Encouraging better oral health care