



Building Better Oral Health Communities

Better Oral Health in Home Care

Good oral health begins at home



Government of South Australia
SA Health



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was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed.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

Good oral health is essential for healthy ageing and it begins at home. As people age retaining good standards of oral care becomes more difficult. This is complicated by functional dependence, physical frailty, chronic diseases and cognitive impairment. It is therefore not surprising that studies have shown an older person's oral health deteriorates most rapidly in the year or so prior to entering residential care. Poor oral health can easily be prevented by maintaining a Better Oral Health in Home Care routine.



Better oral health in home care

Encourage and support clients to maintain a simple self-care routine which includes:

- care of natural teeth
- care of dentures
- relief of dry mouth
- tooth friendly eating
- seeing a dental professional
- quit smoking.

This is important because:

- older people are more susceptible to oral health problems
- if they have natural teeth, tooth decay and gum disease are risks
- if they wear dentures, oral infections such as thrush can occur
- dry mouth contributes to oral health problems.
- tooth friendly foods and drinking water after eating help protect oral health
- seeing a dental professional will help avoid urgent dental problems
- smoking increases the risk of oral cancers and impacts on general health.

