Transcript

Aged Care Quality and Safety Commission

An Introduction to Oral Health   
for Residents and their Families

**Presented by:**

Speaker

[*Opening visual of slide with text saying ‘An Introduction to Oral Health’, ‘For aged care residents and their families’, ‘Food, nutrition and dining’*]

[*The visuals during this video are of various aged care residents in different aged care settings*]

§(Music Playing)§

**Speaker:**

Oral health is an important part of your daily care. If your mouth, gums and teeth are not taken care of, it can impact your life in many ways. Oral health is an important part of your overall health. The health of your mouth and teeth can affect your wellbeing and quality of life.

Poor oral health can lead to dental problems, cause pain, affect your sleep, ability to eat, and how you feel about your appearance.

[*Visual of slide with text saying ‘Dental problems’, ‘Cause pain’, ‘Affect sleep’, ‘Impact eating’, ‘Alter body image’*]

And if your ability to eat and drink is impacted it can lead to dehydration, malnutrition and weight loss.

[*Visual of slide with text saying ‘Dehydration’, ‘Malnutrition’, ‘Weight loss’*]

[*Visual of slide with text saying ‘Did you know?’*]

Did you know poor oral health is linked to an increased risk of heart disease, stroke, aspiration pneumonia and dementia?

[*Visual of slide with text saying Increased risk’, ‘Heart disease’, ‘Stroke’, ‘Aspiration pneumonia’, ‘Dementia’*]

If you have diabetes you are also at a risk of mouth conditions with slow healing and higher risk of gum disease and tooth loss.

To maintain your oral health make sure you practice daily care. This includes brushing your teeth twice a day with a soft toothbrush and fluoride toothpaste.

[*Text saying ‘Brush your teeth twice a day’*]

If you use dentures keep them clean and at night remove and store them in a dry container with a lid.

[*Text saying ‘Clean dentures and keep dry at night’*]

If you need help to look after your oral hygiene your aged care team will help. Some ways they can help include prompting you to brush your teeth, handing you your toothbrush and putting toothpaste on it, helping you to brush your teeth, cleaning your dentures and helping to store your dentures overnight in a place where you can reach them if needed.

[*Visual of slide with text saying ‘Prompting you to brush your teeth’, ‘Handing you your toothbrush with toothpaste on it’, ‘Helping to brush your teeth’, ‘Cleaning your dentures’, ‘Helping store your dentures nearby’*]

[*Visual of slide with text saying ‘Your aged care team is here to* help’]

Your aged care team is here to support you. In addition to daily care regular dental checkups are an important part of maintaining your oral health. It’s your choice who you wish to see. You may choose to continue with the same dental or oral health practitioner you had before moving to your residential service, a different external dentist or one that visits the service.

Let your team know if you are experiencing any discomfort, pain or oral problems. It’s your right to live a life where your health and wellbeing are taken care of. If you’re worried about your oral health or the care you’re receiving talk to your aged care provider first.

[*Visual of slide with text saying ‘Talk to your provider’*]

You can also speak with an aged care advocate at the Older Persons Advocacy Network, OPAN, on 1800 700 600 or visit their website.

[*Visual of slide with text saying ‘OPAN’, Older Persons Advocacy Network’, ‘opan.org.au’, ‘1800 700 600’*]

Or contact the Food, Nutrition and Dining Hotline if you have a concern or complaint about your aged care provider or any other questions on 1800 844 044. Or visit the Commission’s website, agedcarequality.gov.au.

You can access oral health resources on the Commission website including fact sheets and webinars.

Remember good oral health and care allows you to live a happy and healthy life.

[End of Transcript]