

Caring for your oral health



Daily Care

- ✓ Brush teeth twice a day
- ✓ Use a soft toothbrush
- ✓ Use a toothpaste with fluoride
- ✓ Clean dentures with soft soap and a soft brush

You can ask your aged care team for assistance.



Where to go for help

1. If you need support caring for your oral health, talk to your aged care provider in the first instance.
2. You can speak with an aged care advocate at the Older Persons Advocacy Network (OPAN) on **1800 700 600** or visit **opan.com.au**, to raise your concerns.
OPAN supports older people and their representatives to address issues related to Commonwealth funded aged care services.
3. Phone the Aged Care Quality and Safety Commission's Food, Nutrition and Dining Hotline on **1800 844 044** (free call), 9am – 5pm AEDT, Monday to Friday if you wish to speak with professionals about issues, ideas or concerns in relation to an enjoyable food, nutrition and dining experience in an aged care service. Alternatively, you can contact the Commission's general enquiries line on **1800 951 822** (free call).

 **Phone**
1800 951 822

 **Web**
agedcarequality.gov.au

 **Write**
Aged Care Quality and Safety Commission, GPO Box 9819, in your capital city



Australian Government
Aged Care Quality and Safety Commission

**Food, nutrition
and dining hotline**
1800 844 044

