



Healthy Bites episode - Carers assisting with oral health

Hi, my name is Sharika-Marrie Howard, I'm an Oral Health Therapist at Central Coast Health. Are you a carer that helps someone with their oral health care? Here's a few tips that might help.

Helping someone brush their teeth is important but can be challenging. Remember, it's okay not to do a perfect job. The most important thing is that you try.

To help someone brush their teeth you will need. A toothbrush, fluoride toothpaste, good light, disposable gloves, a bowl or cup, and a towel.

Check that the person understands what you are going to do before proceeding, be calm, patient, and encouraging. Take regular breaks if you need to. And please talk to your regular dental professional to learn how best to care for your loved one if they have special dental health needs.

All adults in NSW who have a Medicare card and a concession or healthcare card can access public oral healthcare. Call us on 1800 679 336 for more information.