

Why Care for Elders' Oral Health?

- ✓ It is closely linked to overall health (heart, diabetes, nutrition).
- ✓ It keeps them comfortable in eating and speaking.
- ✓ Tooth pain can affect their sleep and social life.



What Can Children & Caregivers Do?

1. **Brushing:** Remind your parent/grandparent to brush twice daily with fluoride toothpaste and assist if needed.
2. **Denture:** Ensure denture fits comfortably when used, is cleaned daily and removed from the mouth at night.
3. **Hydration:** Offer water frequently to ease dry mouth.
4. **Diet:** Support meals that are low in sugar and rich in calcium.
5. **Pain:** If they complain of tooth or gum pain, arrange a dental visit promptly.
6. **Regular checkups:** Remind them of dental appointments and accompany them, just as they once accompanied you.

The Role of Children and Caregivers in Caring for the Oral Health of Elders

