





... Caregivers


How you can help


 Don't forget oral health. Teeth must be brushed twice a day and dentures cleaned daily.

 Check your client's mouth after every meal for leftover food.

 Be mindful that it may feel strange for your client to receive oral care.

 Use a "Tell-Show-Do" approach. Tell your client what you will do. Show them. Do what you said.

 Encourage regular dental visits. Tell the dentist of any changes you notice such as redness, swelling or smell.

 Ensure that your client drinks water throughout the day.



How do I access dental care?

- Visit your private dentist or contact your health fund
Find a dentist: <https://www.ada.org.au/Find-a-Dentist>
- Contact your local public health clinic to see if you are eligible



NSW Public Dental Clinic Contact Centres

Phone Number

Sydney	(02) 9293 3333
South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW, Mid North Coast and Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee	1800 450 046
Southern NSW	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	1300 769 221
Far West	(02) 6809 8622
Western NSW	1300 552 626



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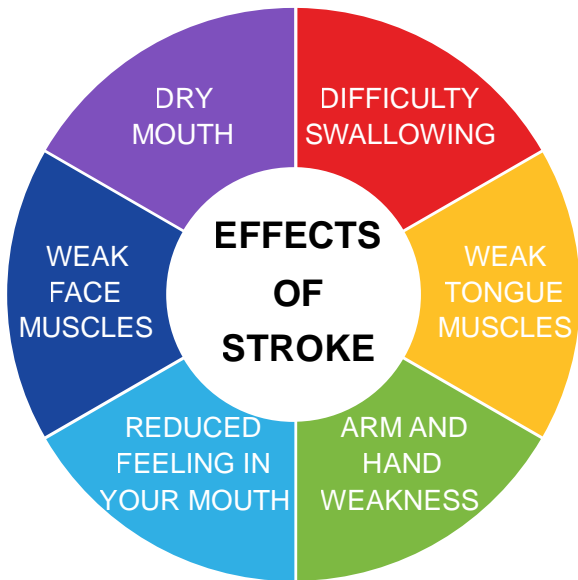
Stroke & Oral Health



Taking care of your teeth and gums is important after a stroke



Effects of Stroke



The effects of stroke can impact your ability to clean your teeth and gums.

- Makes it harder to brush your teeth properly.
- Leads to a build-up of leftover food in your mouth.
- Increases the amount of acid that stays in your mouth.
- Can lead to tooth decay and gum disease.



Getting Help

Speak to any health care provider about your oral health concerns. If this is not your dental practitioner, this could be your:

- GP
- physio
- speech pathologist

Ask them to refer you to a dentist close to your home. Speaking up is the best way to address any oral health concern.



A healthy mouth makes you FEEL and LOOK good!

A Healthy Mouth

Improves:

- sensation in your mouth
- your speech
- your general health

Decreases your risk of:

- pneumonia
- gum disease and tooth decay

Tips

 <p>Brush your teeth two times a day</p>	 <p>Consider an electric toothbrush for an easier clean</p>
 <p>Use low-foaming toothpaste with fluoride</p>	 <p>After brushing: Spit, don't rinse</p>
 <p>Use thicker toothbrush handles to assist grip</p>	 <p>Stay hydrated throughout the day</p>
 <p>Sit upright to eat and drink</p>	 <p>Speak to any health care provider about your oral health</p>

Patients on modified diets should always follow advice from their speech pathologist