

Oral Health Champions – supporting the journey to a good life and taking control

Margery Pithouse - genU

Bonnie Morrison – Dental Health
Services Victoria

Sally Pickering – genU participant

November 2019



Question

How can we best support people with an intellectual disability to take control regarding care about their oral health, and to have better outcomes?

Outcomes

Educational video

Oral Health Champions group

Oral Health Policy for genU

Oral Health Duty statements

Teeth cleaning tick sheet

Partnership

People with a disability are more likely to experience poor oral health

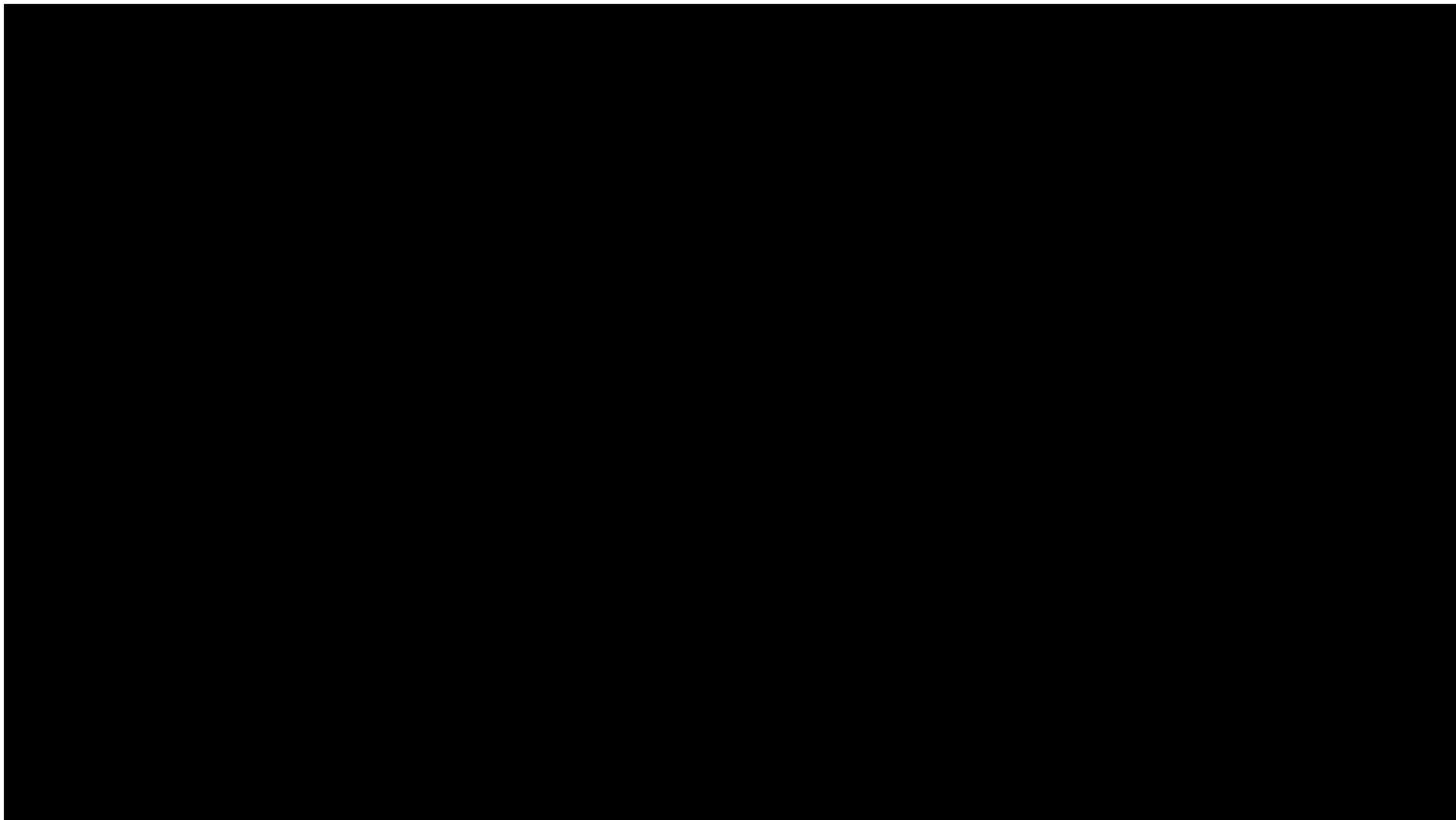
Most successful approaches in supported living settings:

- Care plans
- Staff education
- Oral health policy
- Oral health champions



Sally's visit to the dentist





Oral Health Champions

What they are and what they do

- Volunteer regular members of the staff team
- Not the Team Leader
- Drive the focus on oral health with team of residents and staff
- Attend training
- Attend 4 x annual workshops
- Share information and learning
- Provide feedback
- Inform the development of resources

What this means in real terms

"we have stopped serving cordial"

"the dentist has commented that brushing has improved"

"we worked with a client to have her front tooth restored after years of severe dental phobia"

"staff talking about oral health at team meetings"

"I have changed how I shop for my family"

"a resident's family member gave feedback that the Champions group is something that is working well"

Longer term



- Oral health champions running sessions with and for the people with intellectual disability that they support. People asking for more information, and reminding other staff “I shouldn’t eat that should I?”
- People with an intellectual disability reminding staff that they want to brush their teeth or would like support with this
- People with an intellectual disability using the tick sheets themselves (control) and purchasing tooth brushes when needed
- Rotation of Oral Health Champions through the team so that several staff now trained and focussed

Person Centred Active Support

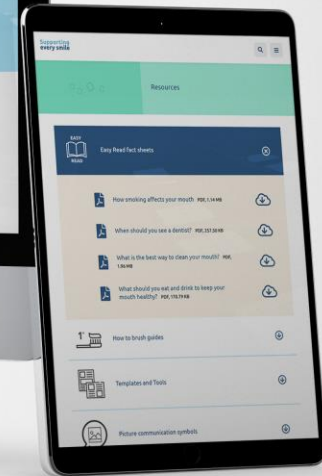
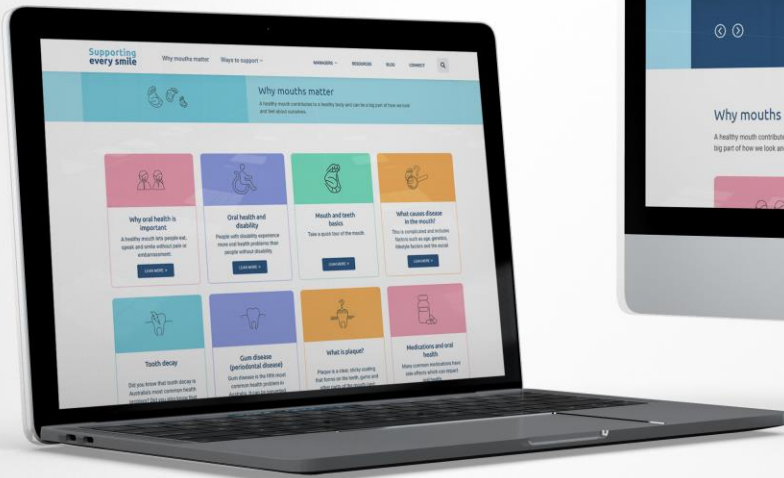
Combining essentials of Person Centred Active Support with Oral Health eg little and often, graded assistance to ensure success, every moment has potential, maximising choice and control (examples)

Online resource



dental health
services victoria
oral health for better health

everysmile.dhsv.org.au



Duty Statements

How to support me best

- Blank example as handout

Support Tasks/Duties that must be completed:

- Virginia will be supported to brush her teeth each morning and night before going to bed.
- Virginia is to be encouraged to drink more water.

How I like to be supported:

- I like to be reminded when it's time to brush my teeth.
- I can brush my teeth on my own although I do need staff to remind me to brush all areas of my teeth otherwise I may just brush the same area continually.
- I like to be in a calm environment to clean my teeth.
- I like to brush my teeth in my own time without being hurried.
- I like to have my wheelchair placed in the front of the sink when cleaning my teeth.
- I do not like toothpaste left in my mouth.
- I may need encouragement to wear an apron or place a towel over my top when cleaning my teeth.
- I like to have a hand towel to wipe my mouth.
- I would like staff to place a pea size amount of toothpaste on my toothbrush.
- If I need help with any area of brushing my teeth that I haven't mentioned I will tell you.
- I do not like to drink water very much so it may be a good idea to remind me why it is important to drink water and to make health choices with my fluid intake.

ESSENTIAL

Support Tasks/Duties that must be completed:

- Every Morning and Night I am to clean my dentures as suggested by my Dental clinician. (Refer to my Denture Cleaning Instructions)
- After every meal I am to rinse my Dentures to remove food that may be stuck in my teeth to prevent plaque formation.

How I like to be supported:

- I would like staff to remind me to clean my teeth twice daily as I am not good at remembering to do this.
- I would like staff to remind me after I eat to rinse my teeth under the tap.
- I don't like to sleep without my teeth so could staff please remind me of why I need to do this and help me to prepare my denture container before I go to bed.
- Once staff have helped me to do this I may then put my teeth in my mouth to sleep when staff aren't looking and if this continues to happen you may need to remind me of the importance of maintaining good dental hygiene and care.

Duty statements or
support hints

- **Activity**

Questions?



Margery Pithouse

Senior Practice Advisor

genU Shared and Respite Living

M: 0403495394

Bonnie Morrison

Health Promotion Officer

Tuesday & Thursday

E: bonnie.morrison@dhsv.org.au

T: 03 9341 1721



dental health
services victoria
oral health for **better health**