

Oral Care for People Living with Dementia: Professional Oral Care

Regular visits with **oral health professionals** (e.g., dentist, dental hygienist, denturist) can help people living with dementia. These visits can improve oral health, reduce pain, make eating easier, and improve quality of life.

Recommendations

- Check the mouth regularly for any changes or abnormalities. Talk to an oral health professional if changes last more than 2-4 weeks.
- Go to the dentist once a year. Make sure to have complex treatments (e.g., dental implants) in the earlier stages of dementia.
- Visit oral health professionals frequently and regularly.
- Regularly check if dentures fit well. Talk to an oral health professional if they don't.



Considerations

- **Mobile Providers** - Some oral health professionals have remote services. This means that they can come to your home or the hospital to give oral care.
To find mobile denturists and dental hygienists in Nova Scotia, visit <https://oralhealthns.ca/public/independent-private-practices>.
- **Licensing of Providers** - All oral health professionals should be licensed. This information is usually available online.
To find dentists and dental assistants in Canada, visit <https://nsrdda.alinityapp.com/client/publicdirectory>). To find denturists and dental hygienists, visit <https://oralhealthns.ca/public/find-a-registrant>.
- **Coverage** - The government may help you pay for oral care. Check if you can get the Canadian Dental Care Plan.
To learn more about the Canada Dental Care Plan, visit <https://www.canada.ca/en/services/benefits/dental/dental-care-plan/apply.html>.
- **University Dental Services** - Schools that teach dental students often offer oral care for a lower price.
In Nova Scotia, visit the Dalhousie University Dental Clinic.
<https://www.dal.ca/faculty/dentistry/patients.html>.

