

Adaptive Aids for Oral Care

Adapting oral care tools can help people complete daily oral hygiene (practice of keeping the mouth healthy, e.g., brushing) more independently and comfortably. It is important to choose tools based on a person's thinking skills, physical abilities, and preferences. Professionals, like speech-language pathologists, occupational therapists, and dental hygienists, can help pick the best tools for the person's needs.

ADAPTED ORAL CARE TOOLS for People Who Need:

Help When Arm or Hand Movement is Difficult:

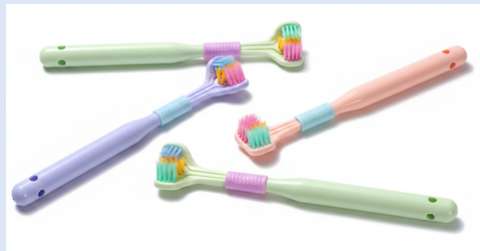
Toothbrush handles can be changed for different needs:

- **Tennis ball handles** help people who have trouble holding a toothbrush.
- **Rubber bike handles** improve grip for people who have weak hand control.
- **Long-handled toothbrushes** help people who have trouble bending their arm fully.



Help When the Mouth is Sensitive:

A three-sided toothbrush has curved bristles. The bristles surround the tooth, and clean the inside, outside and top of the tooth at the same time.



A suction toothbrush connects to a suction machine. It lets the care provider brush the teeth while also removing debris and saliva. This is helpful for people who have difficulty swallowing.



Help When the Mouth Does Not Open Wide:

Child-sized toothbrushes help people who have difficulty opening their mouths wide or have small mouths. They have smaller heads and handles.



Mouth props keep the mouth open during oral care. The prop should rest on the back teeth, on the ridges (edges of the teeth).



The two toothbrush technique uses a second toothbrush handle to keep the mouth open during oral care.

