

An oral health care plan communicates valuable information about a person’s oral health care needs and how they like to be supported to care for their oral health. Use this template as a guide to the sort of information that should be part of an oral health care plan.

**Dental Health Services Victoria recommends that:**

* All people living in supported accommodation have an oral health care plan describing how they like to be supported in their daily mouth care.
* An oral health care plan is written by a person’s key support, with input from the person and any other relevant part of the person’s support team.
* All staff are familiar with each person’s oral health care plan, including casual staff.
* The oral health care plan is reviewed every year.
* The oral health care plan is discussed with the person’s dentist at each visit.
* Any changes to a person’s oral health care plan are communicated to all members of the support team.

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| **This is an oral health care plan for:** |  |  | **Start date:** | / / |
| **Key support worker:** |  |  | **Review date:** | / / |
|  |  |  |  |  |
| **Dentist /clinic:** |  |  | **Next oral health check up:** | / / |

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|  | **Description**  *Some example statements are given below:* | **Comments at dental visit** |
| **Daily mouth care routine**  *What does this person need to do to care for their mouth?* | *Julie wears top and bottom dentures. Juile takes out her own dentures and brushes her gums, cheeks and tongue twice a day. She brushes her dentures with a mild liquid soap at the same time.*  *Julie benefits from reminders to complete the routine in the morning and at night before bed. Remind Julie to store her dentures in a clean container when she goes to bed.* |  |
| **Tools and products used** | *Electric toothbrush with a modified grip.*  *Low foaming toothpaste (pea-sized amount smeared on toothbrush) for cleaning gums and tongue.*  *Mild liquid soap and electric toothbrush used to clean dentures.* |  |
| **What parts of the routine can the person do on their own?**  *Use the Task breakdown checklist to help work out where support is required. Attach the checklist to this care plan.* | *Greg can get all of the necessary tooth brushing tools ready himself and can brush most of his teeth well on his own.* |  |
| **What does the person need support with?** | *Simon can physically brush his teeth but requires prompting to brush all surfaces, especially the very back.*  *Offer reminders that he only needs to brush gently in small circles.* |  |
| **Position**  *Particularly important when brushing someone else’s teeth. The person should be upright and comfortable. Also note the best position for the support person.* | *Michael has swallowing difficulties so it is important to help him sit up straight (use cushions/props) in his wheelchair before you begin.*  *Michael likes to see what’s going on, so if possible, the support person should stand just to the side when brushing his teeth.* |  |
| **How this person likes to be supported**   * *When?* * *Where?* * *Tools and products used* * *How does it fit into their routine?* | *Kim is happy to brush in the bathroom most times. If this is difficult, moving the brushing to ‘her chair’ in the lounge room can also be a good place.*  *Kim is not a morning person! Usually she prefers waiting until a little bit later in the morning for the AM brush.*  *Kim likes to go through her visual diary at the start of each day (which includes mouth care).* |  |
| **Communication strategies**  *Describe how this person communicates and any specific phrases that help the person understand what needs to happen or makes them more comfortable.* | *Aldo prefers to hear one instruction at a time. Can become overwhelmed if asked to do too many things too quickly.*  *Aldo knows that teeth need to be brushed to “get rid of germs that put holes in your teeth”.*  *Playing some of his favourite music while you provide full brushing support helps him to relax.* |  |
| **Other information** |  |  |