



Newsletter Articles

Oral Health and Aged Care



This article explains why mouth care gets harder as we get older.

Why it gets harder

- Many older people have a dry mouth. Medicines often cause this.
- Diet often changes.
- Old fillings and dental work can wear or break.
- People are living longer than their teeth were made to last.
- Arthritis, poor eyesight and dementia can make cleaning harder.

What can happen

- Tooth decay, broken or lost teeth, gum disease, pain and infection.
- A dirty mouth raises the risk of heart disease and **pneumonia** (a lung infection).

- Problems with teeth can stop people from smiling, eating and talking with confidence.

What helps

- Old habits may not be enough. Care needs to change as a person's needs change.
- Take the Amelo quiz. You get advice, a list of products and a care plan with videos.
- Follow the plan every day.
- Check the plan again from time to time, and change it if needed.
- Work with the dentist and care team.

Good mouth care helps a person keep their dignity and pride.