

home oral care plan

For parents, families and carers who support the daily home oral care of children with disability.

Name	
Name(s) of parent(s), carer(s), or regular support professional(s)	
Name of Dentist	
Name, profession and phone number of regular medical or allied health professional (eg. GP or speech pathologist)	

The **Home Oral Care Plan** describes the specific routine required for this child. It includes information to support and maintain optimal daily oral care.

Daily Oral Care Routine

Brush teeth - Instructions:	
Toothpaste	
Interdental brush or Flossette - Type and size:	
Flossing:	
Toothbrush - Type and size:	
Other	
Reminder to avoid:	

Assistance and support for daily oral care routine

General advice, including: cleaning twice daily with fluoride based toothpaste, home care techniques, getting familiar with home care, tips for support and motivation, advice for oral care outside the home.

Assistance and support for daily oral care routine (continued)

Oral care devices and appliances: If your child has been issued with an oral care device, please ensure they are using it as prescribed with supervision, is kept clean, and is stored in the box provided. Further instructions for oral care devices:

Dietary guidance: eg. Instructions about alternative foods, avoiding high sugar and sticky textured foods, minimising grazing and snacking during the day, and avoiding sleeping with a bottle containing liquids other than water.

Where and how will information about the child's oral health be recorded?

Timeframe for next appointment. What treatment or investigation is planned for the next appointment?

Updating this Plan

This Home Oral Care Plan should be viewed on a daily basis to ensure the routine is followed. This plan should be updated after each appointment. To download a copy of this form, visit inclusiondesignlab.org.au/dental