

Working Group Ageing Population

ERO Plenary Session
3 May 2025, Almaty

Apologies from chairman Dr Haesler



Working Group Ageing Population

Jean-Philippe Haesler (Chairman)

Taner Yücel (Supervisor)

Mick Armstrong

Alessandro Berto

Sophie Darteville

Michael Diercks

Alexandre Deza



- Since last Plenary
 - 1 online meeting (nov&apr)
 - 1 meeting in presence
 - Many mails
 - Many phonecalls



- Webpage is online :
- www.seniortoothbrushing.com
- 15 languages available!!!
- Reworked graphisms
- Amazing job from IT company and members of WG

SENIOR TOOTHBRUSHING



- Sheets sorted by theme
- Color-coded classification

Why oral hygiene is important	➤	Brushing partial teeth	➤
Oral hygiene products	➤	Brushing overdenture	➤
Helping someone brush	➤	Brushing full denture	➤
Brushing natural teeth	➤	Brushing toothless mouth	➤

WHY ORAL HYGIENE IS IMPORTANT

A healthy and clean mouth is important to be able to eat, speak and laugh properly. And to be able to get comfortably close to other people. Proper chewing is also good for your mental capacities and memory because it stimulates the flow of blood to the brain. Poor oral hygiene also increases the risk of pneumonia and cardiovascular disease. Poor oral hygiene can disrupt the blood sugar levels of people with diabetes.

Proper brushing removes plaque.

Plaque is a whitish/yellowish layer of a mixture of food particles, saliva and bacteria. It accumulates between and on the teeth and molars and along the gum line.

Removing plaque prevents cavities, inflammation, fungal infections, and pain. It also gives you a healthy appearance and fresh breath. Who doesn't want that?!

The toolkit is meant for those who are vulnerable, dependent on care, and have a reduced ability to maintain oral hygiene or undergo dental treatment.



HELPING SOMEONE BRUSH

Helping someone brush their teeth can be a delicate operation: both the person in need of help and the person giving it can find it offputting. These tips can help make toothbrushing both effective and enjoyable. And once you've both got the hang of it, oral hygiene is just part of the job and it gives results that you can enjoy together: a clean and healthy mouth.

TIPS FOR ORAL HYGIENE HELPERS

THE RIGHT ATMOSPHERE

Increase the level of oral hygiene assistance gradually.

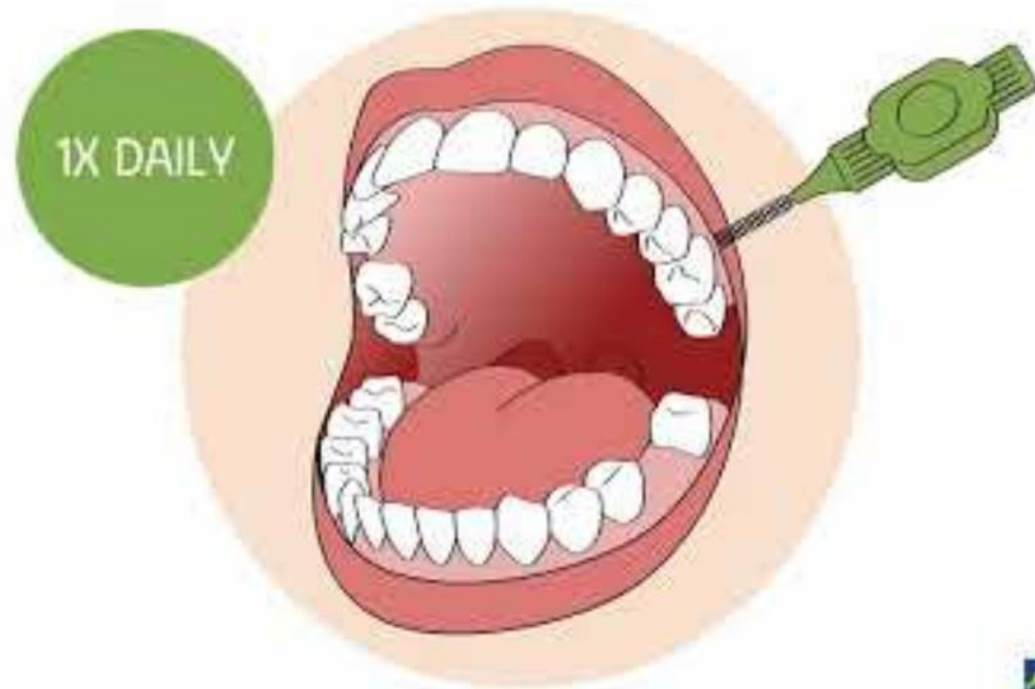
Accept the fact that not everything will get brushed equally well the first few times. A good experience is easy to build on; a frustrating experience is not easily forgotten.

Every time teeth are brushed:

- take your time and aim for a calm atmosphere
- initiate contact and say What you are going to do
- speak calmly and use short sentences
- take breaks, as needed
- let people know things are going well, make compliments, and use humour when appropriate
- say when you're done

If brushing is difficult, at least make sure that the upper and lo-wer jaw get the same amount of attention each day: start With the upper jaw in the morning and the lower jaw in the evening.

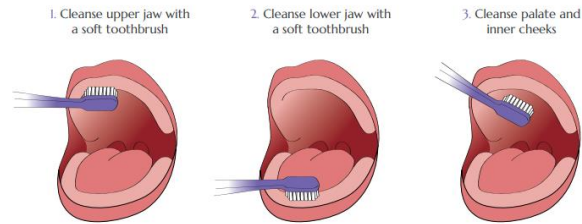
- Video creation



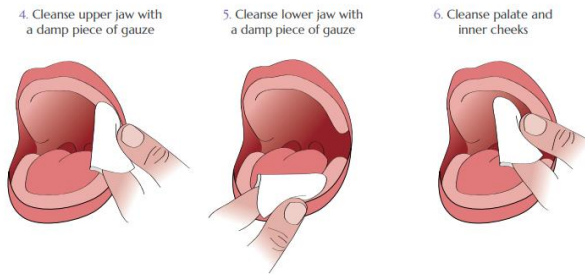
- Downloadable
Information sheets

BRUSHING TOOTHLESS MOUTH

UNASSISTED



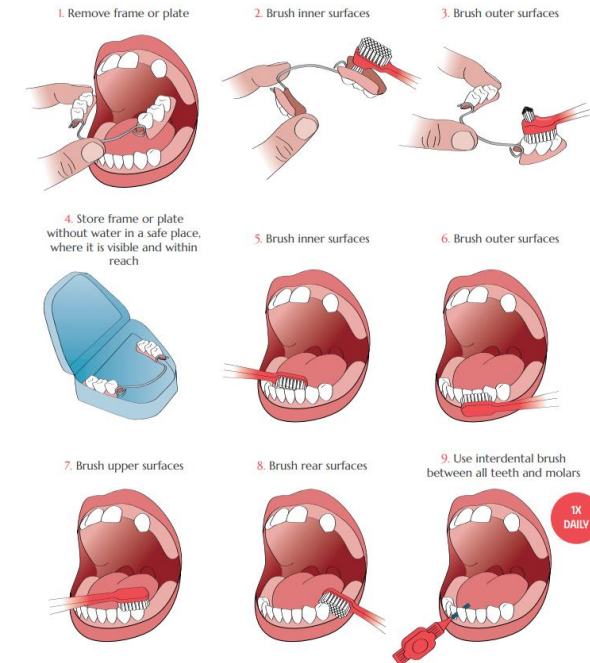
ASSISTED



www.seniortoothbrushing.com

BRUSHING PARTIAL DENTURE

LOWER JAW



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- Next step :
 - Spreading of this webpage by ERO members and by NDA

- Next topic
 - Nutrition for elderly people and in nursing homes
 - Sugar consumption
 - Chewing ability
 - Balanced diet
 - Working in collaboration with CED

Any questions or
comments?



Thank you for your attention