

THE FORGOTTEN ROUTINE

Protecting Oral Health in People Living with Dementia

People living with dementia are significantly more likely to experience untreated dental disease because cognitive changes often interfere with daily oral hygiene and the ability to recognize or communicate pain.

Poor oral health can contribute to...



Watch for These Signs

- ✗ Refusing to brush teeth
- ✗ Pulling away during oral care
- ✗ Eating less or avoiding certain foods
- ✗ Holding the mouth or face
- ✗ Persistent, bad breath
- ✗ Bleeding gums
- ✗ Loose dentures or refusing to wear them
- ✗ Increased agitation during meals

Five Ways Families Can Help

- ✓ Establish a consistent brushing routine.
- ✓ Use a soft toothbrush.
- ✓ Offer simple one-step instructions.
- ✓ Watch for changes in eating or facial expressions.
- ✓ Schedule regular dental visits when possible.

Home Care Makes Daily Routines Easier

Professional caregivers provide respectful assistance with daily oral hygiene while observing for signs of pain, infection, or changes that families may not notice.

Supporting this simple daily routine improves comfort, nutrition, confidence, and overall wellbeing for people living with dementia.

Healthy Mouth. Better Nutrition. Greater Comfort.

Home care helps people living with dementia maintain important daily routines—including oral care—that support dignity, health, and quality of life.

Call today to learn how we can help!



Serving the Greater Austin Area

512-999-7379

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