

# NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



**The following Oral health presentations have been developed in cooperation with the University of Nebraska Medical Center, College of Dentistry, Dental Hygiene Program. You may utilize these presentations as needed for educational purposes.**

**Target:** Challenged Adults

**Topic:** Electric Toothbrushes and other toothbrush aids for challenged adults

**Goal:** For challenged adults to understand the importance of brushing their teeth to remove plaque.

**Objectives:**

1. Understand what plaque is, and what can result from not removing plaque from your teeth.
2. Understand how to use an electric toothbrush and other aids to clean your teeth.
3. Understand the amount of time, frequency, and proper technique used for brushing.
4. Understand that frequent dental appointments are needed.

**Materials:**

Typodont,  
Electric toothbrush,  
Toothbrush with a tennis ball on the handle,  
Floss holder,  
Oral hygiene fact sheet  
Disclosing tablets  
Mirror

**Activity:** Have them use disclosing tablets to help them better understand what plaque is and what they need to get off when they are brushing their teeth.

**Presentation:** Start out by asking, "Why is it important to brush your teeth?" Then briefly explain what plaque is and that it can cause cavities and gum disease if it is not removed from our teeth. Show them an example of an electric toothbrush and explain to them that this will help them remove plaque from their teeth. Show them how to work an electric toothbrush by using it on a typodont. If they are physically unable to hold floss and a manual toothbrush, show them how to use a floss holder and how you can put a tennis ball on a toothbrush to make it easier to hold. Stress the importance of brushing at least twice a day and if you have an electric toothbrush with a timer it makes it easier to know when you are done. Then go over proper brushing techniques and give them a handout with pictures to better understand. Lastly tell them how important it is to have regular checkups with a dentist. Have them use a disclosing tablet and let them look in the mirror to let them see and understand what you are trying to remove when you brush. Answer any questions.