

## SUGGESTIONS OF WHAT TO INCLUDE IN YOUR TRAINING SESSION

### 1. INTRODUCTION

#### Discussion on how staff find assisting residents with brushing their teeth?

- Challenging?
- Problems with people resisting?
- Not confident with brushing and what to look for in the mouth?
- Unsure what the best practice is with denture cleaning?
- Confusion with what best practice is with daily oral care?
- Have a dental phobia themselves and don't like dealing with the mouth?
- Concerned about brushing too hard?

### 2. PRESENTATION

Go through presentation using the question and answer technique to get different opinions and gauge the general knowledge

### 3. PRACTICAL

Putting a practical element to the training session will make the sessions memorable and engaging

#### Suggestions for the **Elderly**

1. Get each staff member to chew 2 x Cream Crackers and talk to experience what it feels like to have a dry mouth
2. Brush each other's teeth or demo brushing on a teeth model with a toothbrush

#### Suggestions for **Learning Disabilities**

1. Get each staff member to hold a sour sweet in their mouth for 1 minute without swallowing to experience what it feels like to have excess saliva in the mouth.
2. Hold a toothbrush. With an elastic band adapt toothbrush to give a better hold for a person with learning disabilities to brush independently.
3. Brush each other's teeth or demo brushing on a teeth model with a toothbrush

### 4. QUIZ

Get staff to organise the order of drinks starting with the drinks that contains the most sugar to the least.

### 5. SCENARIOS

In the presentation are 3 case scenarios that can be discussed amongst the group.