

# Oral health

People with disability are at a higher risk of poor oral (or dental) health and more likely to develop conditions such as gum disease, tooth decay, loss of teeth and related illnesses.



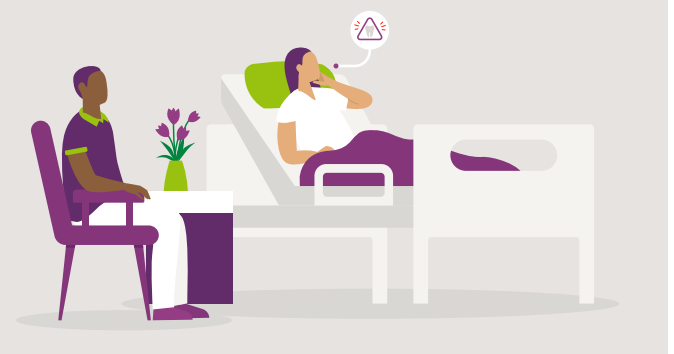
## Is oral health important?

Diseases of the mouth can affect the health of the whole body and can have a negative effect on wellbeing and quality of life.



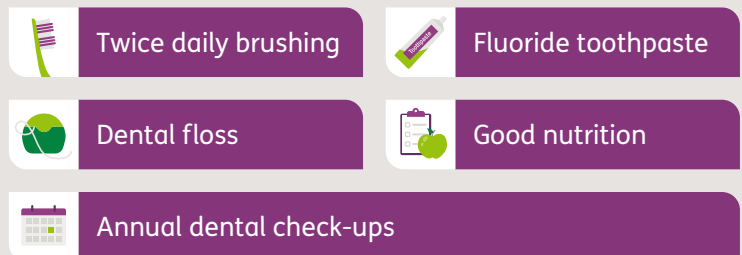
## What if oral health is ignored?

If oral diseases are not treated, it can also lead to difficulty eating certain foods, severe pain or illness, and even hospitalisation.



## What does good oral health look like?

Good oral health includes twice daily brushing, using a fluoride toothpaste, and flossing teeth and gums. Good nutrition, yearly dental check-ups, and treatment, if required, is also important.



## Monitoring and support

Participants should be supported to look after their teeth and gums. This might include asking them about their mouth and if they have any worries or pain.



## Ongoing care

Providers are required to monitor participants' health, safety and wellbeing and support them in maintaining their health. Providers can also assist participants to access health services and plan for dental appointments.



### Find out more

For full details on this practice alert and the obligations for NDIS support workers, and access to other training and resources, please visit [ndiscommission.gov.au/workerresources](https://www.ndis.com.au/workerresources)



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