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EASY READ DENTAL HEALTH

DENTAL HEALTH IS THE HEALTH OF YOUR MOUTH.



Dental Care is the health of your mouth.

This includes your:

- teeth
- gums
- other parts of your mouth



People with disability are at risk of having bad dental health.

Bad dental health can cause you to lose teeth.



If you don't treat bad dental health, it can:

- Make it hard for you to eat some foods
- Give you lots of pain
- Make you feel sick



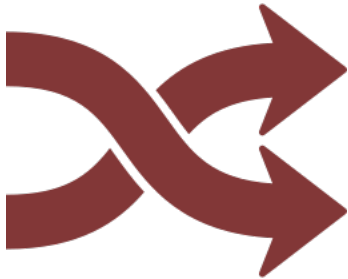
What is good dental health?

There are things you can do to have good dental health.



Good dental health includes brushing your teeth:

- At least 2 times a day
- With fluoride toothpaste – a toothpaste to make your teeth health and strong.



Good dental health also includes flossing your teeth.



Having healthy foods and drinks, and less sugar, are part of good dental health.



It's also important to see a dentist at least once a year for a check-up.



How can you have good dental health?

People who support you can help you to look after your:

- Teeth
- Gums



People who support you can be:

- NDIS workers
- Health care workers
- Family members or friends
- Other supports and services



People who support you can ask you:

- About looking after your mouth or teeth
- If you have any problems or worries with your mouth or teeth
- If you feel pain in your mouth



People who support you can help you to:

- Plan for a dentist appointment
- Find and use dental health services



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If you want more information about dental health, you can go to our website.

www.ndiscommission.gov.au/workerresources