



Caregiver Dental Hub

Practical Oral Care Guidance for Caregivers

Positioning and Visibility

Making Small Changes in Positions can make oral care easier, safer, and more comfortable.



FIND A COMFORTABLE POSITION

- ✓ Choose a position to see into the person's mouth to minimize your bending
- ✓ Position yourself to reach all areas comfortably
- ✓ Support the person's head with pillows, towels or chair back



SEE CLEARLY

- ✓ Have the person lean back or tip their head toward you whenever safe
- ✓ Use good lighting and comfortable mouth props
- ✓ Move slowly and check that you can see before starting



BE FLEXIBLE

- ✓ Different locations may work for different people
- ✓ Try a couch, chair, bathroom, kitchen or bedside
- ✓ The best position is one that is safe, comfortable and allows good visibility



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