Oral Hygiene Care Plan for a Caregiver of a Patient with Alzheimer’s Disease

Use the chart below to develop an oral hygiene care plan for a caregiver of a patient with Alzheimer’s disease.

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| **Recommended oral hygiene and dietary habits** | **Goals** | **Student recommendations for caregiver interventions** |
| Toothbrushing routine | Brush 2x per day for 2 minutes |  |
| Flossing routine | Floss 1x per day |  |
| Fluoride toothpaste | Nonprescription or prescription |  |
| Sugar intake and frequency | Reduce amount and frequency of sugar |  |
| Acidic food and beverage intake | Reduce amount of acidic food and drink |  |
| Dental exam | Every 6 months or less |  |