

## Educational booklet on oral health care for the elderly

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### ABSTRACT

Brazil will have an overpopulation of elderly people, with growth of around 3% per year, reaching 33% of the Brazilian population in 2050. The World Health Organization highlights that oral health is a relevant action to be undertaken to achieve healthy aging. Thus, the objective of this study was to report the experience of an educational action promoted in a family health unit. This is a descriptive experience report. An educational booklet was elaborated with oral health guidelines and care for the elderly based on the steps presented by Reberte et al. (2009), using the Canva application, in the LILACS and SciELO databases, using the descriptors: oral health, oral health education, elderly. The stages that covered the study were: selection of content related to the theme, screening of illustrative material, preparation and preparation of the layout of the booklet, validation of the content performed by a specialist in gerontology. The educational booklet aimed to prevent oral and systemic diseases, promote comfort and safety during chewing, improve appearance and self-esteem, and train and qualify caregivers for the oral health of the elderly. It was composed of contents related to the importance of cleaning the mouth and dental prostheses, how to perform oral hygiene, care of the mouth and dental prosthesis, performance of self-examination to identify oral lesions, special care for dependent elderly. The booklet was printed and distributed to the elderly and family members in the waiting room of the family health unit. The oral health condition in elderly people is a relevant factor for improving quality of life and achieving healthy aging. It is hoped that the booklet can contribute in a positive way to maintaining an active social life and general well-being.

**Keywords:** Oral health, Old, Oodontology.

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