

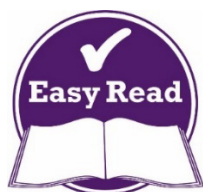


**NDIS Quality
and Safeguards
Commission**

Dental health

What you need to know

Easy Read fact sheet

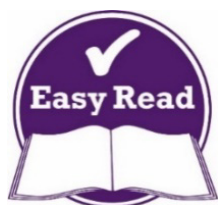


How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

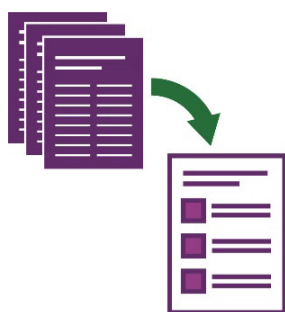
We use pictures to explain some ideas.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

www.ndiscommission.gov.au/workerresources



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

What is dental health?



Dental health is the health of your mouth.



This includes your:

- teeth
- gums
- other parts of your mouth.

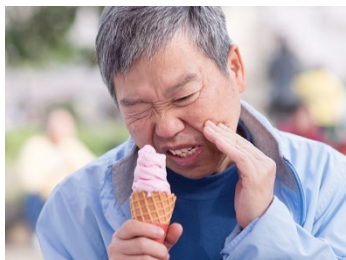


People with disability are at risk of having bad dental health.

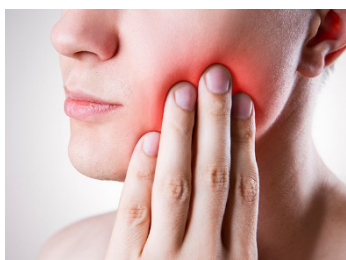


Bad dental health can cause you to lose teeth.

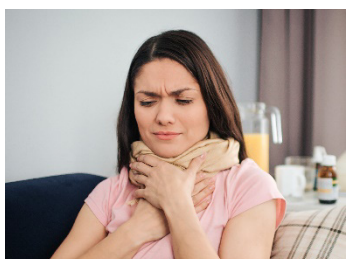
If you don't treat bad dental health, it can:



- make it hard for you to eat some foods



- give you lots of pain



- make you feel sick.

What is good dental health?

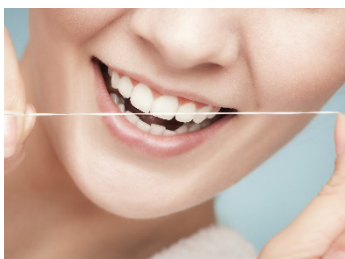


There are things you can do to have good dental health.



Good dental health includes brushing your teeth:

- at least 2 times a day
- with fluoride toothpaste – a toothpaste to make your teeth healthy 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

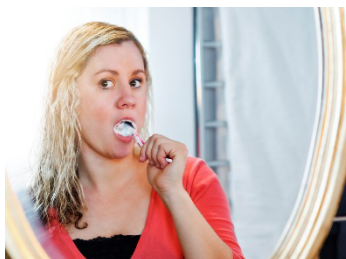


- family members or friends



- 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.

More information for you

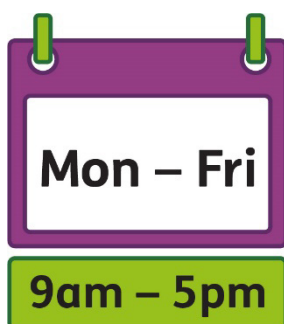


If you want more information about dental health, you can go to our website.



www.ndiscommission.gov.au/workerresources

Contact us



You can call us from 9am to 5pm,
Monday to Friday.



If you live in the Northern Territory, you can
call us from 9am to 4.30pm.



1800 035 544



You can send us an email.

contactcentre@ndiscommission.gov.au



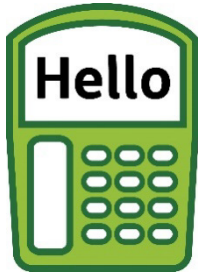
You can write to us.

NDIS Quality and Safeguards Commission
PO Box 210
Penrith
NSW 2750



You can go to our website.

www.ndiscommission.gov.au



TTY

133 677



The National Relay Service

Speak and Listen

1300 555 727

SMS relay number

0423 677 767



Internet relay calls

internet-relay.nrscall.gov.au



You can follow us on LinkedIn.

www.linkedin.com/company/ndiscommission



You can follow us on Facebook.

www.facebook.com/NDISCommission



The Information Access Group created this Easy Read document using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit www.informationaccessgroup.com.

Quote job number 4664-D.