

Toothbrush Adaptations

Everyone should have a toothbrush that is right for them. This varies considerably for people with disabilities and older people depending on their manual dexterity and condition of their mouth.

Below are some ways of adapting ordinary toothbrushes for different people.

People with arthritis or stiff joints

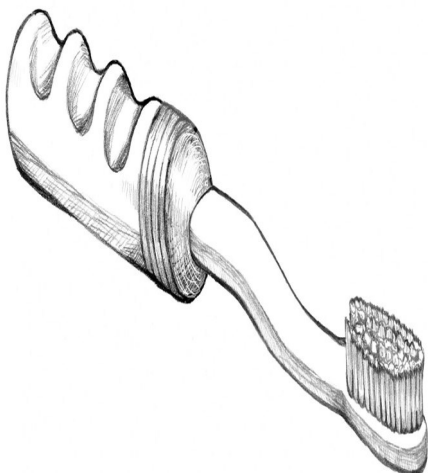


Attach the brush to the hand with wide elastic or rubber band.

Make sure that it's not too tight.

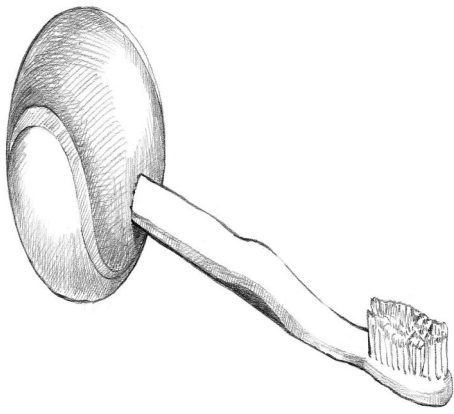
Or try attaching the elastic to the brush handle using adhesive tape.

People with Parkinson's disease Arthritis or who have had a stroke

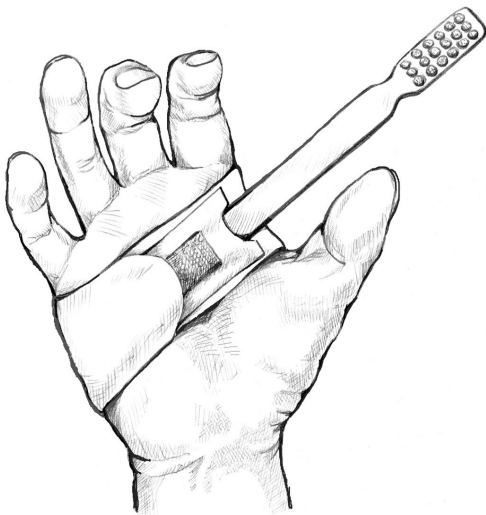


Toothbrushes can be easier to control if they have an oversized handle.

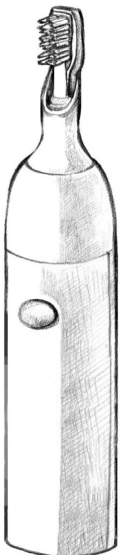
You could try sliding a bicycle grip onto the handle or attaching foam tubing may be helpful



You can also cut a small slit through a soft rubber ball and slide onto the handle of a toothbrush



The same kind of Velcro strap used to hold food utensils is also helpful for some people



A power toothbrush may also make brushing easier. These can be a valuable aid when manual dexterity is limited