

# TOOTH TOOLS FOR INDIVIDUAL'S WITH INTELLECTUAL & DEVELOPMENTAL DISABILITIES

Often times, an adapted toothbrush can be much easier to use.

Listed below are variations of a toothbrush to encourage independence in oral hygiene.



# WIDENED

Widened handles on a toothbrush can make it easier to hold. These can be store-bought or made at home by cutting a whole in a tennis ball or bike handle and placing the toothbrush in the middle.



### PRE-PASTED TOOTHBRUSH

Some toothbrushes can be purchased with the toothpaste already on the brush. These are typically disposable and can only be used once.



## **SUCTION TOOTHBRUSH**

Suction toothbrushes are used for more sensitive mouths. The back of the brush has soft foam to gently clean the mouth while suctioning debris from the mouth at the same time.



# THREE-SIDED TOOTHBRUSH

The three-sided toothbrush makes cleaning easier and faster because the brush surrounds an entire tooth and can clean all sides at once.



#### **MOUTH PROPS**

Mouth props are a gentle piece of rubber or plastic for a child to rest their mouth on to keep it open while they brush.



