

Dementia and Dentures



Dentures: Basic Tips

1. See a **dentist** to ensure adequate fit
2. Use an appropriate amount of **dental adhesive**. Read the back of the pack and check with your dentist.
3. **Clean the dentures** regularly, but also clean the gums, tongue, and roof of mouth.
4. If there is an issue with getting the dentures in, **talk to a specialist** about pros and cons of wearing them as well as possible solutions.

Denture and Dementia Dilemma: an example part 1 of 2

Mr. M is described as being “resistant” to wearing his dentures. He has no natural teeth. Some dentures are partials (for those with some natural teeth), but his are full dentures. He went to the dentist following a recent weight loss and necessary changes were made. His dentist confirmed his dentures now fit. But every time someone tries to help him put his dentures in, he pushes them away.

Denture and Dementia

Dilemma: an example

part 2 of 2

A speech language pathologist conducted a swallow study and determined, together with Mr. M and his family, that he can safely consume regular solids if he wears his dentures. Without them, it tends to take him so long to chew, it actually poses a choking hazard. And he ends up tired and doesn't eat much. Although some people can chew effectively and swallow regular food safely without teeth, that is not the case for Mr. M. What should the family do?

1

Determine why Mr. M does not wish to wear his dentures. Does he just want to put them in himself? Maybe an occupational therapist can support him in that endeavor!

2

Determine what factors you can change to make wearing the dentures more appealing. Don't try to reason with Mr. M about wearing his dentures. Present them in different ways and at different times of day to see if perhaps there will be more success given certain adjustments.

3

Speak with professionals regarding softer foods that may be both healthy* (dietician) and safe to swallow without dentures (speech language pathologist). Together with your loved one, discuss the pros and cons of placing the dentures vs. eating foods that do not require dentures.

*remember his recent weight loss!