I need help with brushing my teeth.
The person sits me in a comfortable position.
She can use a cushion so my head doesn’t move.

If I can’t keep my mouth open, she can use a wedge.

I can get help to brush my teeth.
The person who helps me can clean my teeth in different ways.

- With a toothbrush
- With a finger toothbrush
- With a pad
The person puts toothpaste on the toothbrush and brushes my teeth.

She brushes my teeth and gums.
The finger toothbrush

- The person puts on gloves and puts the finger toothbrush on the tip of her finger.

- She brushes my teeth with the finger toothbrush.

- After, she wipes my teeth with a pad.
This factsheet was produced in partnership with
The French Union for Oral and Dental Care (UFSBD) and the SOSS network
which promotes access to oral and dental care for people with disabilities.

It was created with financial support from our partners:
The translation of this tool was made possible thanks to the support of the Orange Foundation.
Where can I find SantéBD booklets?

- **On the internet:**
  Visit the website: [http://www.santebd.org](http://www.santebd.org)

- **On my tablet or smartphone:**
  Download the SantéBD app from:
  ![Google Play](get_it_on_googleplay.png), ![App Store](download_on_app_store.png)

All SantéBD booklets are free.

SantéBD is a project by the NGO CoActis Santé.  
[contact@coactis-sante.fr](mailto:contact@coactis-sante.fr)

SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

*All rights of reproduction, representation and modification reserved for any medium worldwide. Any use other than for educational and information purposes, and any commercial use is prohibited. ©CoActis Santé*

*The creation of this tool was made possible with the support of:*

![Supporting Organizations](supporting_organizations.png)

This document was proofread by people with learning disabilities and respects the European Easy-to-Read Guidelines. These guidelines make information available for everyone.  
© Logo European Easy-to-Read: Inclusion Europe. For more information, visit the website [www.easy-to-read.eu](http://www.easy-to-read.eu)