

FOR IMMEDIATE RELEASE

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A Little Help, A Lot of Health: Caring for Senior Smiles

New video series aimed at senior's oral care released

Vancouver, B.C.— Today, as part of B.C. Seniors' Week, the British Columbia Dental Association (BCDA) together with the British Columbia Dental Hygienist Association (BCDHA) have jointly released an informative and engaging oral care video series aimed at caregivers of seniors in B.C.

"In joining forces to co-produce a series of short, social media-friendly videos, BCDA and BCDHA aim to help improve the daily oral health of seniors living in assisted and independent settings," said **Dr. Anita Gartner, BCDA President**.

"These videos de-mystify and give confidence to family members in helping their loved ones with oral self-care," explained **Leta Zaleski, BCDHA Board Chair**.

Many older adults experience a decline in physical and mental health as they age. This often leaves them dependent on others to assist them with their personal care needs. This video series introduces a grandmother and her caregiver granddaughter, along with Leah Thompson, a Dental Hygienist who provides expert advice throughout the video series.

"With a little help from caregivers, a lot of health can be provided in the areas of oral care, oral disease prevention, and assessment," said Dr. Gartner. "This video series will be an easy reference tool for caregivers to understand how they can make a big difference in the lives of their patients and loved ones."

The video project and public information campaign was made possible with generous assistance from the BC Ministry of Health.

"Projects like this take a village," said Zaleski, "and we're grateful for the Ministry of Health funding, collaboration with BCDA and support from our own BCDHA membership who all worked together to bring this valuable resource to life. We know this will enhance the lives of seniors in B.C."

To watch the videos, visit www.bcdental.org/SeniorsOralCare and find BCDA and BCDHA on Instagram @BCDentalAssociation and @BCDentalHygienists.

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