

Easy-Grip Toothbrush & Oral-Care Adaptation Planner

For arthritis, weak grip, tremor, shoulder pain, or limited hand movement

MAKE THE TOOL EASIER - NOT THE BRUSHING HARDER

If arthritis or limited mobility makes oral care difficult, the goal is to reduce gripping, twisting, and repetitive hand movement. A powered brush, wider handle, grip aid, floss holder, interdental brush, or water flosser may make the routine easier.

1. What Makes Brushing Difficult?

☐ Finger or thumb pain	☐ Weak grip
☐ Wrist pain or stiffness	☐ Tremor
☐ Elbow pain	☐ Shoulder pain
☐ Hard to make small brushing motions	☐ Toothbrush twists in my hand
☐ Hard to reach back teeth	☐ I tire before two minutes

2. Toothbrush Options to Try

Option	What may help	Try?
Powered toothbrush	Reduces repetitive brushing motion; mainly guide the head from tooth to tooth.	☐
Wider manual handle	May reduce the amount of finger gripping needed.	☐
Foam or silicone grip	Adds thickness to a narrow toothbrush handle.	☐
Strap-style grip aid	May hold the brush against the hand when finger grip is very limited.	☐
Smaller brush head	May make back teeth easier to reach with less wrist movement.	☐

3. Make Brushing Easier

☐ Sit while brushing if balance or fatigue is an issue.
☐ Rest my elbow on a counter when safe and comfortable.
☐ Keep toothbrush, toothpaste, and cleaning tools within easy reach.
☐ Use light pressure rather than squeezing or scrubbing harder.
☐ Try the opposite hand for part of the routine if practical.
☐ Ask my hygienist to watch my technique and suggest adaptations.

4. Cleaning Between Teeth

☐ Floss holder	☐ Interdental brush with a larger handle
☐ Water flosser	☐ Dental pick recommended by my dental team

REMEMBER

Hard brushing is not needed to remove plaque. Use soft bristles, gentle pressure, and enough time. If you still have natural teeth, fluoride toothpaste remains important.

For general information only. If physical limitations make oral care difficult, your dental team, occupational therapist, or caregiver may help you adapt the routine.
SeniorDentalGuide.com

My Oral-Care Tool Trial

Try one change at a time and record whether it actually makes the routine easier.

1. Tools I Tried

Tool / adaptation	Easier to hold?	Easier to reach?	Keep using?

2. My Best Setup

Toothbrush	
Handle / grip adaptation	
Toothpaste	
Between-teeth tool	
Best brushing position	
Best time of day	

3. Questions for My Dentist or Hygienist

☐ Am I removing plaque effectively?	☐ Would a powered brush make sense?
☐ Is my grip adaptation safe?	☐ Which interdental tool is easiest for my hands?
☐ Am I pressing too hard?	☐ Are there areas I am consistently missing?
☐ Would caregiver help be useful?	☐ Should professional cleanings be more frequent?

4. When I May Need More Help

☐ I cannot brush all tooth surfaces even after adapting the tools.
☐ Pain or weakness prevents me from brushing long enough.
☐ Tremor makes the toothbrush difficult to control safely.
☐ I regularly miss plaque around crowns, bridges, implants, or the gumline.
☐ I need partial caregiver help with setup, steadying, or difficult areas.

Notes
