

Self-empowering Dental Program for Elders to Maintain Long-lasting Healthy Teeth

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Target Audience: All 8-12-year-old children, parents, school principals, local health authorities, public health care workers, village health volunteers, village leaders.

A person's quality of oral health has an important role to determine the value of one's quality of life. The longer for one specific elder to actually able to maintain his/her oral health can also means that they have a better masticating and nutrition absorption processes; which applied benefit for their everyday's activities.

On the contrary, facts found in previous surveys shown a very high DMFT score, up to the number of 10. Several interviews with the participants also reveal that they only seek for dental care in oral health services whenever they feel pain. This kind of attitude comes up as the result of a misconception between the health and sick conditions that most of the elders have in Cilenggang area, Tangerang Prefecture.

This specific program held by students of University of Indonesia, heavily focused on the role of the cadres to motivate those elders to evaluate their own oral hygiene and to understand the importance of maintaining healthy teeth. Through this program it is expected that elders will be able to self-maintain their oral hygiene.

Method: Dental health education are given to all health volunteers (cadres) within the "Posbindu Mawar dan Cempaka" focusing on dental health for elderly and procedures to maintain it. The program also includes the form filling simulation of the "KKGSL" (Kartu Kontrol Gigi Sehat Lansia= a Control Card for Healthy Teeth of Elderly), instruction on how to use flip chart to give further explanation. The Dental Health Material equipment for Training the Cadres tools used in this program are; banner, booklets, and flip charts.

Result: The outcomes expected from this program are; the information given to the health volunteer's (cadres) can be passed on to the elderly population to empower them to maintain their own oral health, and utilize the surrounding oral health services available, such as "Puskesmas Serpong"

Conclusion : "KKGSL", is the effective media to increase elderls motivation to self-maintain their oral health.