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Oral Health Care in Older Adults - a Cornerstone Towards Resilience

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Older adults undergo physiological changes of their bio-psycho-social capacity. Beyond these physiological adaptations, prevalence of chronic diseases increases with age¹. With increasing numbers of chronic diseases, older people tend to accumulate functional deficits, summarized under the taxonomy of “frailty”. These transitions of capacity put older subjects at an increased risk for adverse outcomes once exposed to stress, such as acute illnesses or trauma, as an example². In this context, modern clinical care for older people is multifaceted with a strong focus on maintenance of functional capacities, also called “individual resilience”³. This approach also includes very active involvement of dentists.

The current “crosstalk” will outline the concept of resilience in health of older adults, its pathophysiology and comprehensive clinical approach. Evidence from scientific literature addressing the role of oral health in maintaining resilience will be summarized and the role of inter-professional collaborative practice (ICP)³, and how to implement this framework will be addressed. The presentation style will include interactive elements to increase active participation of attendees.

¹Travers J et al; *Age&Ageing* 2022; <https://doi.org/10.1093/ageing/afac218.019>

²Fried LP et al; *Nature Aging* 2021; <https://doi.org/10.1038/s43587-020-00017-z>

³Roller-Wirnsberger R et al; *ACER* 2020; <https://doi.org/10.1007/s40520-019-01455-5>