Oral Health Plan

Assessment
Physical problems with OH: ____________________________________________
Behavioral problems with OH: ________________________________________

Physical Skills and Aids
What skills are being learned? _________________________________________

Special aids needed:
☐ Adapted toothbrush ☐ Adapted floss holder
☐ Electric toothbrush ☐ Rinses or other oral aids
☐ Three-sided toothbrush ☐ Water pick

Participation Plan
☐ Not needed (person is independent)
Best position for assisting with OH:
☐ Bathroom ☐ Couch ☐ Wheelchair
☐ Bean bag ☐ Other: __________________________

Techniques and/or oral aids used:
☐ Mouth prop ☐ Floss holder

Structuring the Environment
Best time and place to do OH: _________________________________________
Designated person to work with individual: _____________________________
Infection control protocols in place: ___________________________________

Engaging the Regional Center Individual
Are choices being offered? ____________________________________________
What are the choices for the individual? ________________________________
What positive reinforcements are being used? __________________________
List all steps being taught: ___________________________________________

What level of prompting does the individual need?
☐ Verbal instruction ☐ Pointing ☐ Physical hand over hand

Text SMILECA to 31996 to receive healthy dental tips from Smile, California!

Medi-Cal Covers Your Client’s Dental Needs
As a caregiver, you play an important role in helping your client maintain a healthy smile.

This Oral Health Plan belongs to:

Last dental visit: __________
Next dental visit: __________
Practicing good daily oral hygiene is an important part of maintaining good overall health.

When your client is struggling with other health problems, their oral health can become a lower priority, but good daily oral hygiene and regular dental visits help them avoid tooth pain, infection, and tooth loss. Your client may not be able to brush and floss by themselves and might need your help. As a caregiver, you play an important role in helping them keep their teeth and gums healthy. As a result, this can improve their overall health and sometimes behaviors.

Here are some tips for helping your client maintain a healthy smile:

- Set a daily brushing and flossing routine. Some people do better at different times of the day and in settings other than at the bathroom sink.
- Help your client schedule at least one dental appointment every year.
- Encourage them to eat well, replacing sugary drinks and foods with healthy options.
- If they have dentures, help or remind them to remove and clean their dentures every morning and night.

If your client can brush and floss on their own:

- Talk with them about the importance of keeping their mouth healthy.
- Check that they have an easy-to-handle toothbrush without frayed bristles. Be sure they are replacing their toothbrush every three months.
- Offer to make dental appointments for them, and help them get to their appointments.

If your client needs help taking care of their mouth:

- Try the “tell-show-do” technique — When brushing and flossing their teeth, explain (tell) what each step is before you start. Show them how you are going to brush and floss their teeth. Do each step exactly how you explain it so there are no surprises.
- Find the best place and time where you will both be comfortable brushing and flossing.
- Make dental appointments for your client and help them get to their appointments.

For more information on covered services and how to help keep your client’s mouth healthy, visit SmileCalifornia.org.