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

Last dental visit: ______/_____/_____
Next dental visit: ______/_____/_____

As a caregiver, you play an important role in helping your client maintain a healthy smile.
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.

Medi-Cal members are covered for these services:

<table>
<thead>
<tr>
<th>SERVICES</th>
<th>BABIES</th>
<th>KIDS</th>
<th>TEENS</th>
<th>ADULTS</th>
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<tbody>
<tr>
<td>Exam*</td>
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<td>X-rays</td>
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<td>Teeth cleaning</td>
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<td>Fluoride varnish</td>
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<td>Fillings</td>
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<td>Tooth removal</td>
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<td>Emergency services</td>
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<td>Sedation</td>
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<tr>
<td>Molar sealants**</td>
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<tr>
<td>Root canals</td>
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<td>Orthodontics (braces)***</td>
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<td>Crowns</td>
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<td>Partial and full dentures</td>
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<td>Denture relines</td>
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<td>Scaling and root planing</td>
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</table>

* Free or low-cost check-ups every six months for members under the age of 21, every 12 months for members age 21 and over.
** Molar sealants are covered for teens up to age 21.
*** For those who qualify.

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