

# Oral Health Plan

## Assessment

Physical problems with OH: \_\_\_\_\_

Behavioral problems with OH: \_\_\_\_\_

## Physical Skills and Aids

What skills are being learned? \_\_\_\_\_

### Special aids needed:

- |   |  |
|---|--|
| <input type="checkbox"/> Adapted toothbrush     | <input type="checkbox"/> Adapted floss holder      |
| <input type="checkbox"/> Electric toothbrush    | <input type="checkbox"/> Rinses or other oral aids |
| <input type="checkbox"/> Three-sided toothbrush | <input type="checkbox"/> Water pick                |

## Participation Plan

- Not needed (person is independent)

### Best position for assisting with OH:

- |                                   |                                       |                                     |
|-----------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Bathroom | <input type="checkbox"/> Couch        | <input type="checkbox"/> Wheelchair |
| <input type="checkbox"/> Bean bag | <input type="checkbox"/> Other: _____ |                                     |

### Techniques and/or oral aids used:

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Mouth prop | <input type="checkbox"/> 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?

- |   |                                   |  |
|---|-----------------------------------|--|
| <input type="checkbox"/> Verbal instruction | <input type="checkbox"/> Pointing | <input type="checkbox"/> Physical hand over hand |
|---|-----------------------------------|--|



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



Rev 10-2020



# 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:

\_\_\_\_/\_\_\_\_/\_\_\_\_



SmileCalifornia.org

# 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.



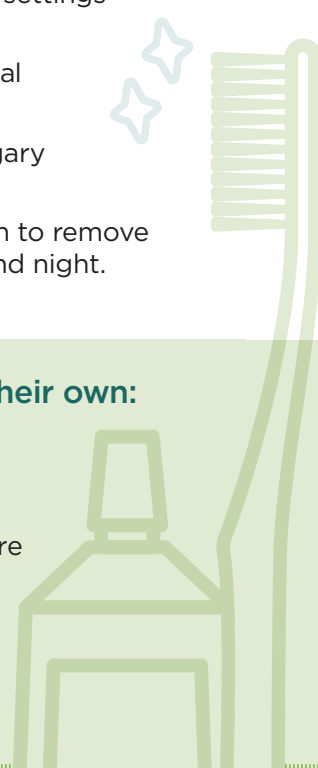
Help your client schedule at least one dental appointment every year.



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.

## Medi-Cal members are covered for these services:



SERVICES	BABIES	KIDS	TEENS	ADULTS
Exam*	☀	☀	☀	☀
X-rays	☀	☀	☀	☀
Teeth cleaning	☀	☀	☀	☀
Fluoride varnish	☀	☀	☀	☀
Fillings	☀	☀	☀	☀
Tooth removal	☀	☀	☀	☀
Emergency services	☀	☀	☀	☀
Sedation	☀	☀	☀	☀
Molar sealants**		☀	☀	
Root canals		☀	☀	☀
Orthodontics (braces)***			☀	
Crowns			☀	☀
Partial and full dentures			☀	☀
Denture relines			☀	☀
Scaling and root planing			☀	☀

\*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.

## 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.