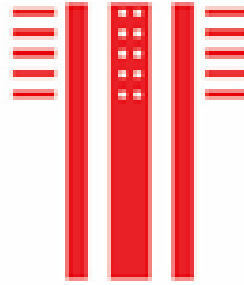


WHAT HAPPENS IN THE MOUTH DOESN'T STAY IN THE MOUTH: ACHIEVING GOOD ORAL AND OVERALL HEALTH FOR PEOPLE WITH DISABILITIES

2020 INTERHAB POWER UP! CONFERENCE

VIRTUAL SESSION





ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION



KATHY HUNT, RDH, ECPII

ORAL HEALTH KANSAS | DENTAL PROGRAM DIRECTOR | KHUNT@OHKS.ORG

www.oralhealthkansas.com

Anticipated Outcomes

-
- Why good oral health is important
 - Common diseases that occur in the mouth and how to prevent them
 - Accessing dental services
 - Consumer resources

DISCLAIMER

- People with disabilities
- People with IDD or intellectual and developmental disabilities
- People with special needs

Oral Health Disparities

People with Intellectual and Developmental Disabilities (IDD):

- Thirty percent more likely to have their first childhood dental visit delayed.
- Have higher risk for dental problems.
- Less likely to receive necessary restorative and preventive care resulting in a higher level of untreated disease.
- Number one unmet health need adequate dental care.

Disparities amplified by deinstitutionalization and increased life expectancy.

Why Is It So Hard to Talk About Oral Health?





Families | Caregivers People With Disabilities

- Need / Impact on overall health
- Life Experience
- Competing Priorities
- Past Challenges
 - Cooperation
 - Access to care
 - Negative dental experiences
- Undetected oral health problems
 - Irritability
 - Inability to focus
 - Withdrawal
 - Fatigue
 - Depression
 - Refusal to eat



Health Educators Support Staff | Providers

Life Experience

Lack of knowledge on oral health

- Impact on overall health
- Oral health basics
- State and local resources

Lack knowledge on disabilities

- Adaptations to daily care and professional dental services



Strategies

Increase knowledge

- Professional development
- Oral health learning events for families, caregivers, and people with disabilities

Thoughtful conversation

- Ask open ended questions, uncover values
- Affirmation and support
- Understand concerns and barriers

Collaborate

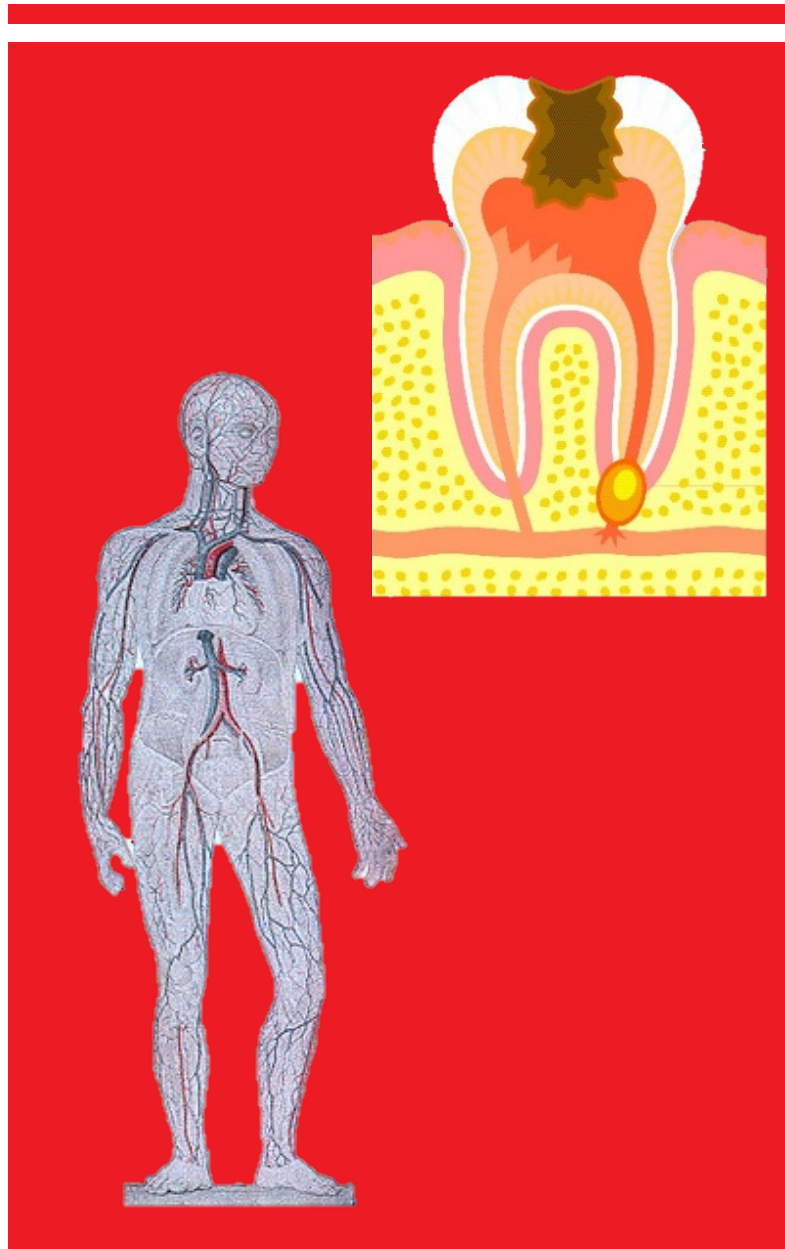
- Everyone has expertise to contribute
- Ask permission
- Brainstorm realistic solutions

WHY ORAL HEALTH MATTERS

*You are not healthy if you
don't have good oral health.*

C. Everett Koop
U.S. Surgeon General
1980-1989





Impact Of Poor Oral Health

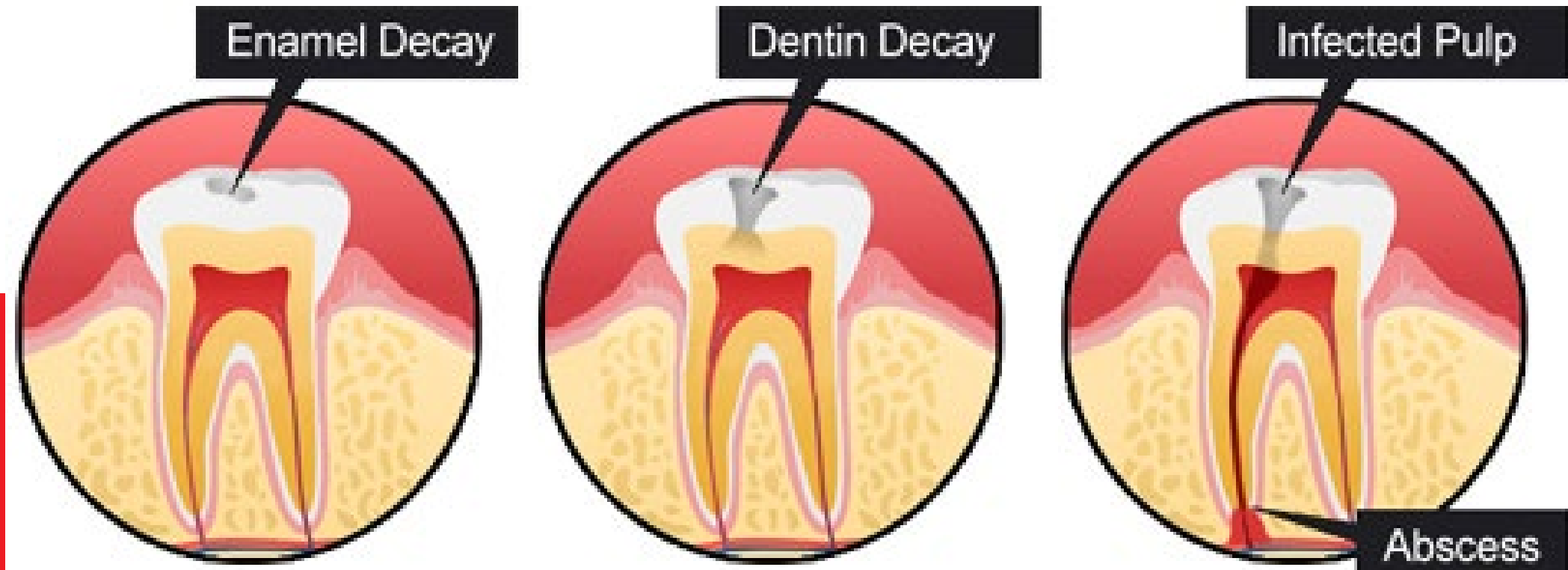
- Functional Health
- Social & Emotional Health
- Ability to Learn
- Financial Health
- Physical Health



DISEASES OF THE MOUTH

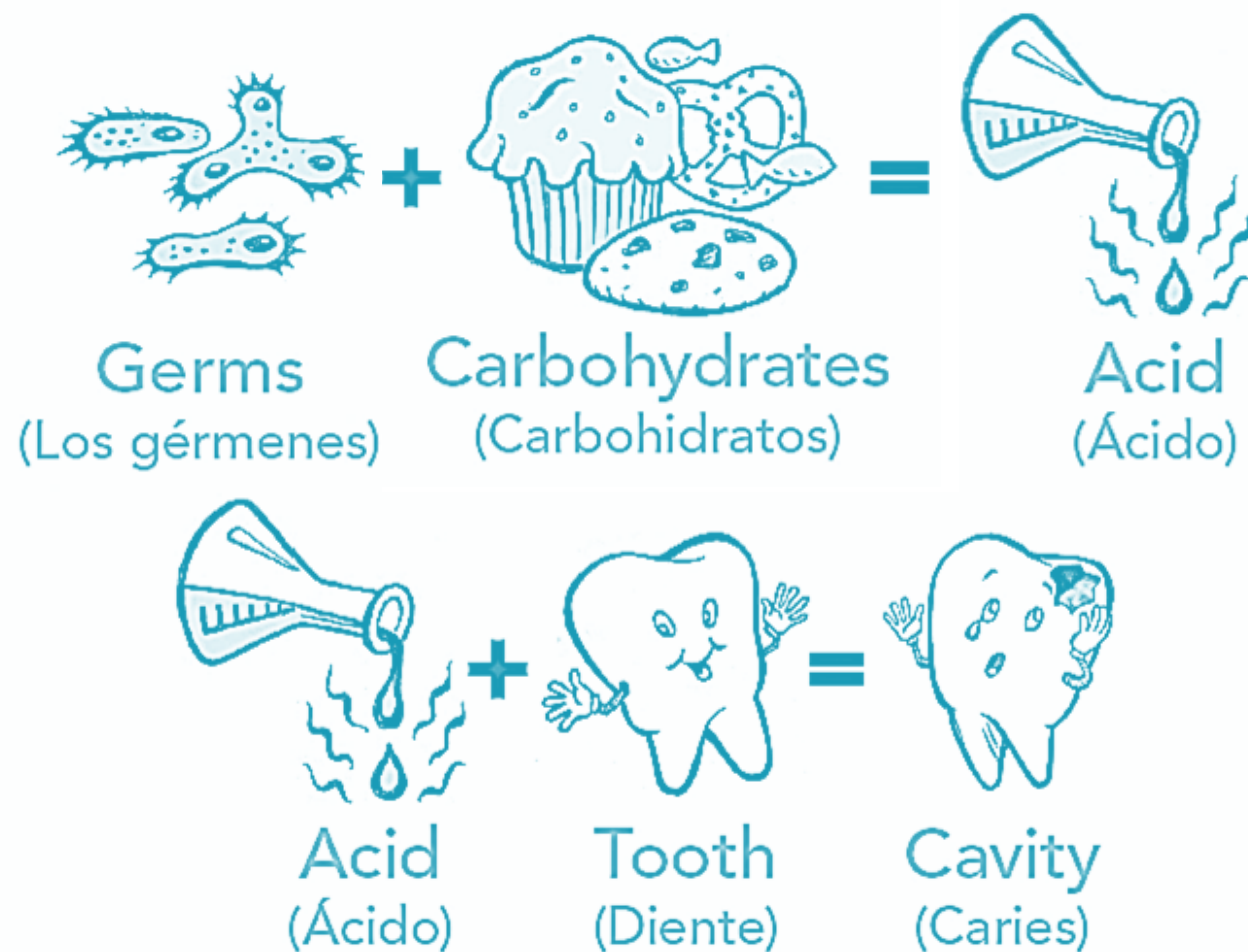
- Cavities
- Gum Disease
- Oral Cancer



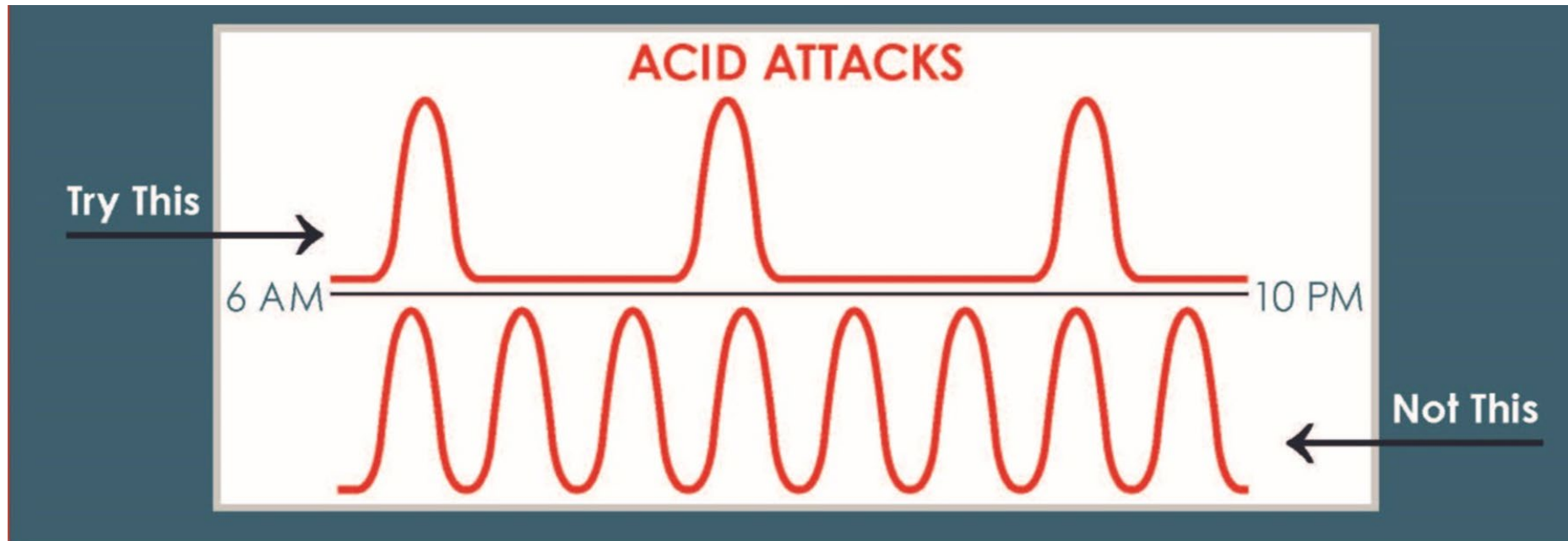


Tooth Decay (Cavities)

What Causes Cavities?



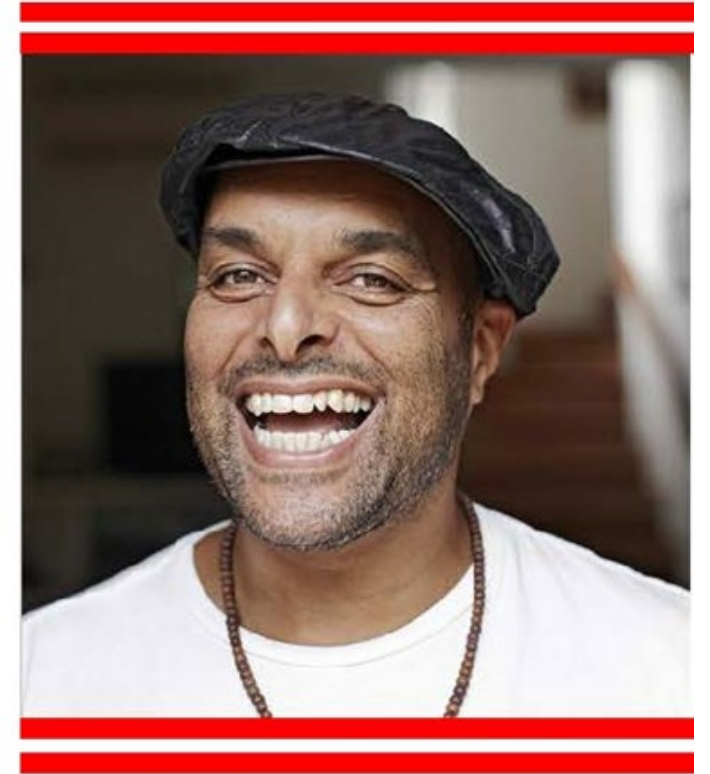
Contributing Factors for Cavities



Poor snacking habits | Poor oral hygiene | Dry mouth

Preventing Cavities

1. Snack healthy- simple carbs at mealtime only
2. Remove germs- brushing with fluoride toothpaste and flossing
3. Use fluoridated mouth rinse nightly
4. Drink water with fluoride
5. Rinse with water after consuming sugary medications and inhalers



Resources For People With Disabilities On Improving Oral Health

Super Smiles for Your Child

Videos on oral health & specific disabilities

Does your child have a disability?

Check out these short videos on oral health and specific disabilities:

■ Oral Health for Your Child with a G-Tube or Tracheostomy

[English \(:56\)](#)

[English \(2:19\)](#)

[Spanish \(:56\)](#)

[Spanish \(2:19\)](#)

■ Oral Health for Your Child with Down Syndrome

[English \(:47\)](#)

[English \(2:25\)](#)

[Spanish \(:47\)](#)

[Spanish \(2:25\)](#)

■ Oral Health for Your Child with Cerebral Palsy

[English \(:46\)](#)

[English \(2:24\)](#)

[Spanish \(:46\)](#)

[Spanish \(2:24\)](#)

■ Oral Health for Your Child with Autism Spectrum Disorder

[English \(1:25\)](#)

[English \(2:39\)](#)

[Spanish \(1:25\)](#)

[Spanish \(1:25\)](#)

■ Oral Health for Your Child with a Cleft Lip or Palate

[English \(:48\)](#)

[English \(1:55\)](#)

[Spanish \(:48\)](#)

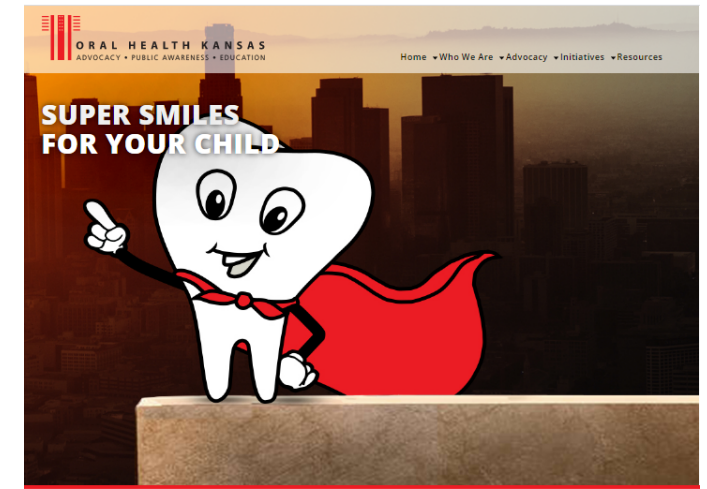
[Spanish \(1:55\)](#)

■ [Dental Tool Kit from Autism Speaks](#)

■ [D-Termined Program from Specialized Care Co](#)

■ [Finding a Dentist for a Child with Special Needs](#)

<http://oralhealthkansas.org/SuperSmiles.html>



Welcome to *Super Smiles for Your Child*, where we are all about having healthy teeth and super smiles! We are so glad you could join us. We have many exciting things to share about oral health. You'll get to watch fun videos, listen to stories and songs, play games, and more! Just click on the topic you want to know more about to get started on your journey. Have Fun!



Feeling Good About Your Smile



Handouts for Improving Oral Health



Tips and Tricks: Reluctant Toothbrusher



Having clean teeth is as essential to overall health as a clean diaper and regular use of a car seat. Most children have times when they resist brushing, but families of children with special needs may find that daily oral care requires more time and patience to ensure that teeth and gums remain healthy. When children struggle with brushing, here are some tips to try.

Teach Your Child What to Expect

- Allow your child to watch you brush
- Talk with your child about why you brush your teeth
- Give your child a toothbrush without toothpaste to use while you brush
- Show your child a picture of a child brushing teeth



Be Consistent

- Make toothbrushing part of your child's expected practice in the morning and just before bed each night.
- Help with brushing until your child is 8 years old.
- Use the correct amount of toothpaste for their age (a smear until age three and a small pea size from age 3); too much can cause gagging.
- Most children find mint flavored adult toothpaste too "hot". Experiment with different types of children's toothpaste with fluoride to find their favorites.



Make it Fun

- Each time they brush, let your child choose the toothbrush and toothpaste used.
- Be creative: Sing new songs, tell new stories, use a sand timer, count to five for each tooth.
- Be flexible: Brush in different places in your home (or on your lap). No need to rinse.

Download Beating Brushing Battles for a list of ideas to make tooth brushing time fun!
www.saavus.com/teeth-for-tots-supplemental-handouts

info@oralhealthkansas.org 785-235-6039 www.oralhealthkansas.org



Tips and Tricks: Medications and Your Child's Oral Health



Some over the counter and prescription medications for children can put their oral health at risk. Understanding the possible effects and how to reduce the impact will help you keep your child's mouth and teeth healthy.

Sugar-added (Sugar-based) prescribed and over-the counter medications

Many liquid medications contain sugar to make it taste better. This can increase the chances of tooth decay and accidental overuse by children

Steps to Take

- Read labels on over-the-counter products to determine if there is sugar.
- Request sugar-free prescriptions from the doctor.
- After using a sugar based medication, older children should swish with water. Wipe your younger child's mouth and teeth with a clean, wet washcloth.
- Store medications out of the reach of children.

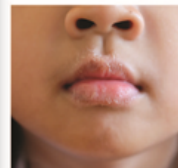


Dry Mouth (xerostomia)

More than 3000 medications have been shown to cause dry mouth. This is a concern because the saliva in the mouth helps to wash away food and neutralizes cavity-causing acids. In addition, people are more likely to sip on sugary liquids or suck on candy to sooth their dryness.

Steps to Take

- Give your child water to sip throughout the day.
- Offer sugar free popsicles as a treat.
- Ask your child's doctor or dentist about over-the-counter products for dry mouth that are safe for children.



Thrush

Thrush is a type of fungal infection that can occur when children take certain medications. It looks like a thick white coating on the tongue or cheeks.

Steps to Take

- If you think your child has thrush, take them to their doctor.

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Tips and Tricks: Dry Mouth



How can you know if you have dry mouth?

- Mouth feels dry or sticky
- Tongue feels dry, rough, or sore
- Lips are cracked
- Trouble swallowing, tasting, or speaking



Why do you have dry mouth?

- Side effects of medication
- Salivary gland disorders such as Sjögren's syndrome
- Chemotherapy
- Nerve damage from head and neck injuries



How does this affect your oral health?

- Tooth decay
- Gum disease
- Lack of sleep
- Infections in the mouth



What can you do to help your dry mouth?

- Sip water
- Use sugar-free gum or lozenges
- Use fluoride toothpaste
- Eliminate caffeine, alcohol, and tobacco products

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Guidance on Oral Hygiene for Caregivers



Brushing: Information for Caregivers

This fact sheet offers practical suggestions about how to provide guidance or direct care, as well as tips that may make brushing easier. Part of the “Oral Health & Aging: Information for Caregivers” series.

 [View PDF \(4 pages\)](#)

Also available in Spanish.



Flossing: Information for Caregivers

A companion to the “Brushing” fact sheet, “Flossing” offers a step-by-step guide to those who can floss independently, and provides tips for caregivers on how to floss someone else’s teeth. Part of the “Oral Health & Aging: Information for Caregivers” series.

 [View PDF \(4 pages\)](#)

Also available in Spanish.



<https://catalog.nidcr.nih.gov/OrderPublications/>

Healthy Habits for Happy Smiles



Toothbrushing Positions for Your Child with a Disability

Some children with disabilities need extra help brushing their teeth. There are many ways to position a child for brushing. These may change with a child's age, and they depend on the child's physical or medical condition. Try different positions for brushing your child's teeth to find one that works for your child and you.



School readiness begins with health!



Healthy Habits for Happy Smiles

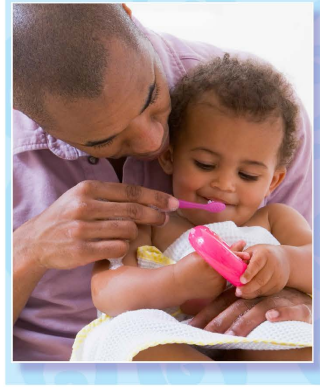


Toothbrushing Tips for Your Child with a Disability

Some children with disabilities need extra help to take care of their teeth. Young children, especially those with a physical, emotional, behavioral, intellectual, or communication disability, may not have the fine motor skills they need to clean their teeth well. It's important to brush and help your child with toothbrushing.



School readiness begins with health!



<https://eclkc.ohs.acf.hhs.gov/oral-health>



Brush Up on Oral Health

Oral Health and Children with Disabilities

A disability can affect a child's activities and ability to learn. Some children with disabilities need extra health services and support services.

Children with disabilities are at higher risk for tooth decay and other oral health problems than children without disabilities.

This issue of *Brush Up on Oral Health* focuses on oral health challenges that some children with disabilities face and what Head Start staff and parents can do to address these challenges. A recipe for a healthy snack to make in the Head Start classroom or at home is also included.

Did You Know?

- More than 11% of children enrolled in Head Start have a disability that qualifies them for special education and related services.
- These disabilities can include:
 - Autism
 - Speech or language impairments
 - Visual impairments
 - Hearing impairments
 - Developmental delays
 - Intellectual disabilities

Oral Health Challenges for Children with Disabilities

Children with physical disabilities, such as cerebral palsy, may not have the motor skills they need to use a toothbrush safely or to sit still in a dental chair during dental visits.

Children with communication disorders, such as delayed speech and language development, may not be able to tell their parents or Head Start staff that they have a toothache.

Children who get frequent medical care, such as having many medical visits or hospital stays, may be afraid of the dental office and may not cooperate during visits.

Children who take medicines with added sugars or that cause dry mouth are at high risk for tooth decay. Sugar is added to some medicines to make them taste better. Other medicines used to treat cerebral palsy, seizures, and depression can cause dry mouth by lowering the amount of saliva in the mouth. Saliva plays an important role in preventing tooth decay. Medicines given to children with diseases or disorders, such as asthma or allergies, can also cause dry mouth.

January 2020

Toothbrushing Booklet

CHANGING IT UP:

How to keep toothbrushing in your routine when experiencing limited mobility

When physical limitations exist, oral health is sometimes overlooked. Poor oral health, however, can lead to many health issues that range from annoying to serious. People with disabilities are more likely to experience dental problems when a daily hygiene routine is not followed. Toothbrushing is an essential activity that everyone must practice daily to stay healthy. When body movements are limited, effective toothbrushing can be a challenge. Here are some ideas to improve the way you care for your teeth.



Trouble Reaching Your Mouth with a Toothbrush?

Try This...

- Bend the neck of your toothbrush handle by softening it under hot water
- Lengthen handle of your toothbrush
 - Purchase specialty products*
 - Attach something wood or plastic like a ruler, popsicle stick, or tongue depressor
- Bend over and bring your face to toothbrush instead of bringing the brush up to your face
- Prop the elbow of your arm holding the toothbrush on the counter, a box, towel or other item while brushing

Trouble Holding Your Mouth Open While Brushing?

Try This...

- Use a toothbrush that can clean quicker, such as a power toothbrush or 3-sided toothbrush*
- Use something to prop your mouth open
 - Purchase specialty mouth prop*
 - Tape together several tongue depressors



Trouble Holding a Toothbrush?

Try This...

- Use a power toothbrush*
- Add a bigger handle to your toothbrush
 - Purchase specialty products*
 - Wrap the handle with a washcloth with a rubber band, a bicycle handle, aluminum foil, gripped shelf liner, or pipe foam insulation
- Use a wide elastic band or Velcro strap designed to hold utensils*
- Use a youth toothbrush if adult size is too heavy or big



Trouble Opening a Toothpaste Tube?

Try This...

- Use toothpaste tubes with flip tops
- Use toothpaste in a pump dispenser*



Trouble Pocketing Food?

Try This...

- Rinse with water, sweep your mouth with a finger wrapped in gauze or disposable foam applicator swab*
- Ask someone to check your mouth after each meal or dose of medicine

Trouble Standing at the Sink?

Trouble with Spitting/Swallowing?

Try This...

- Use less toothpaste. You only need a pea-sized amount to do the job.
- Consider using a suction device while brushing*
 - Suction devices can be prescribed by your doctor and may be covered by insurance
 - Use a suction toothbrush that attaches to the hose*

Trouble Applying Toothpaste to Your Toothbrush?

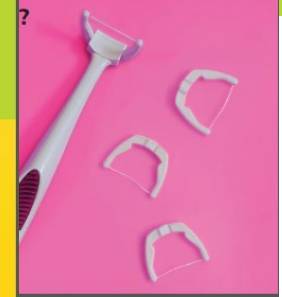
Try This...

- Squeeze toothpaste onto your tongue and then transfer it to your toothbrush
- Hold the toothbrush in your teeth and then apply the toothpaste
- Place the opened tube of toothpaste on the counter slightly over basin. Hold your toothbrush fingers or side of your toothpaste. Press the thumb and index finger together and, apply toothpaste



Here are some other tips that can help keep your mouth healthy:

- Always brush before bed and use a toothpaste that contains fluoride.
- Consider brushing your teeth in the shower - Easy clean up!
- Avoid rinsing for at least 20 minutes after brushing to maximize the effectiveness of the fluoride toothpaste.
- See a dental professional regularly. If you have concerns, call your dental office or local safety net clinic right away.*
- If you have dentures, try using a denture soak. When brushing them, make sure to put a towel in the bottom of the sink to catch any water that is dropped.
- If your mouth feels dry. Dry mouth increases your risk for cavities, gum disease, and oral cancer. Talk to your doctor or dentist about this. If you are on medication, ask your doctor or pharmacist about the impact.*
- If you are using an inhaler or taking liquid medication, be sure to brush your teeth after use.
- If you are taking medication for cavities and gum disease, be sure to brush your teeth after use.
- If you are taking medication for your smile and fresher breath, be sure to brush your teeth after use.
- If you are taking medication for your daily routine. Consider support your efforts to keep your mouth healthy. Consider support your efforts to keep your mouth healthy. Consider support your efforts to keep your mouth healthy.



Adaptive Aids for Toothbrushing

RESOURCES for Adaptive Aids

A healthy mouth helps keep your body healthy. People who brush their teeth every day have fewer dental problems. The products and sellers shown are only examples and not an endorsement. Finding a tool that helps you keep your mouth (and teeth) clean is a great step towards a healthier life.

Specialty Toothbrushes

Name	Description	Sample Seller
1. Collis Curve	Bristles reach inside, outside and biting surfaces at the same time	www.kleenteeth.com
2. Surround	3 bristle pads to efficiently clean all surfaces at the same time	https://specializedcare.com
3. DexTBrush	Reaches all surfaces of teeth and includes tongue cleaner	www.amazon.com
4. Toothbrush with suction	Connects directly to standard suction tubing to more easily suck out the spit and other solutions from mouth	www.rehabmart.com
5. Power toothbrush	Wide variety of features and cost	discount stores pharmacies



Adaptive Devices for Toothbrushes

Name	Description	Sample retailer
------	-------------	-----------------

Specialty Toothbrushes

Name	Description	Sample retailer
------	-------------	-----------------

Other Adaptive Devices

Name	Description	Sample retailer
------	-------------	-----------------

Dry Mouth Relief

Name	Description	Sample retailer
------	-------------	-----------------

Flossing Aids

Name	Description	Sample retailer
------	-------------	-----------------

Specialty Toothpaste

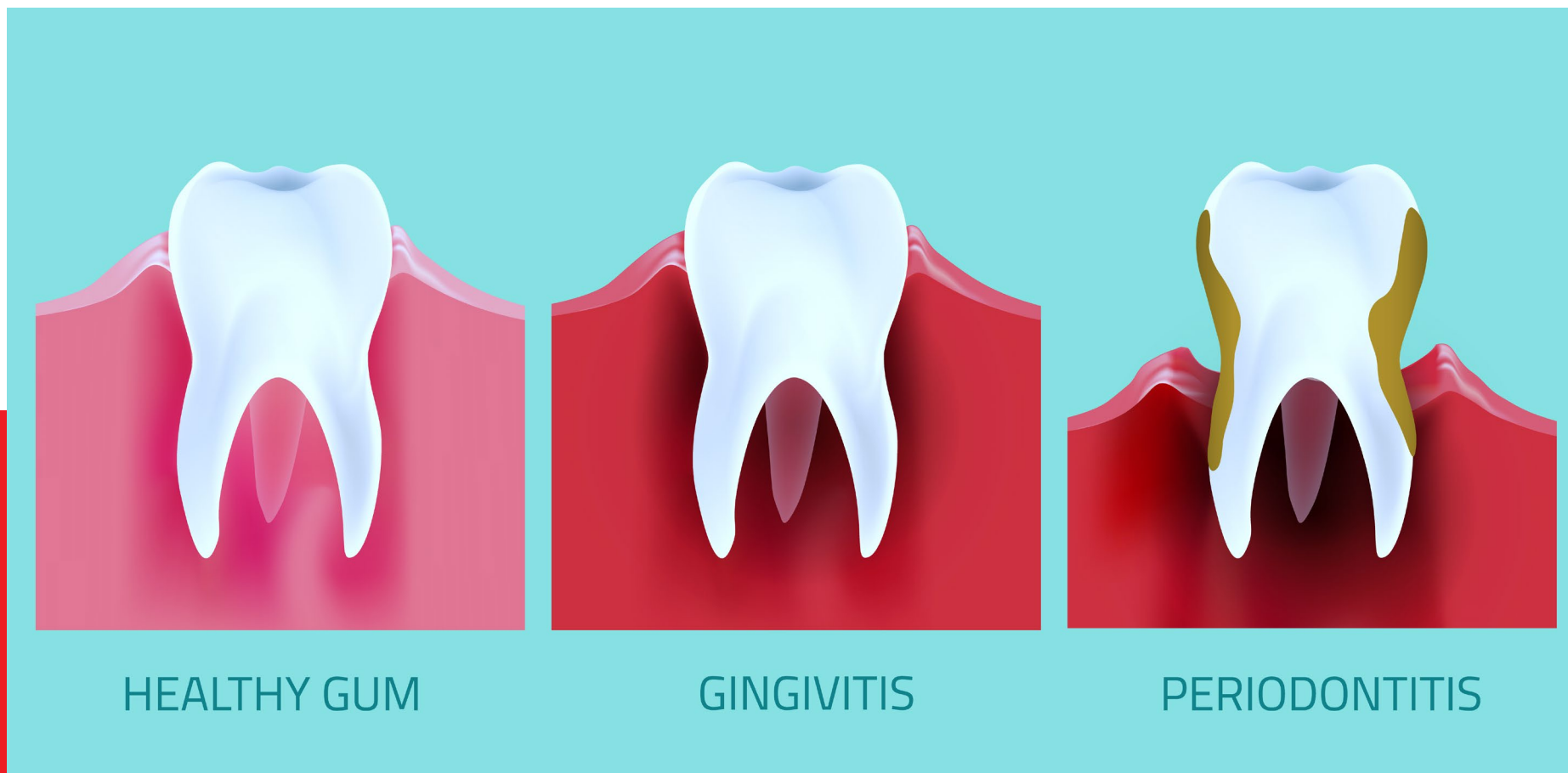
Name	Description	Sample retailer
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Adaptive Devices for Toothpaste

Name	Description	Sample retailer
------	-------------	-----------------

1. Squeezer	Squeezes toothpaste tubes by applying pressure with the palm or turning a key	www.rehabmart.com www.wrightstuff.biz
2. Dispenser	Toothpaste dispenser automatically squeezes tube	www.amazon.com

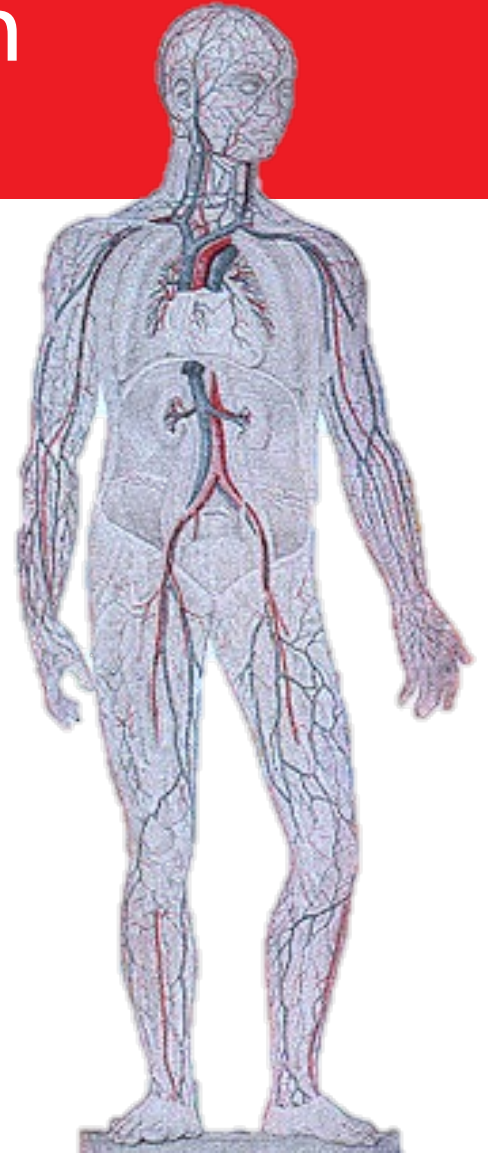




Periodontal (Gum) Disease

Effects of Gum Disease on Overall Health

1. Heart Disease & Stroke
2. Respiratory Disease (Pneumonia)
3. Rheumatoid Arthritis
4. Diabetes
5. Gastrointestinal Disease (GERD)



Contributing Factors for Gum Disease



Poor oral hygiene

- Plaque
- Calculus (Tarter)

Factors that impair healing

- Tobacco
- Stress
- Poor diet
- Diabetes

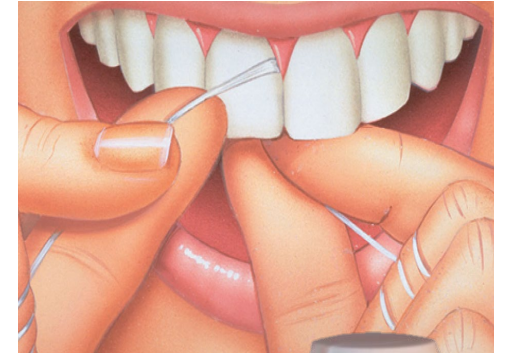
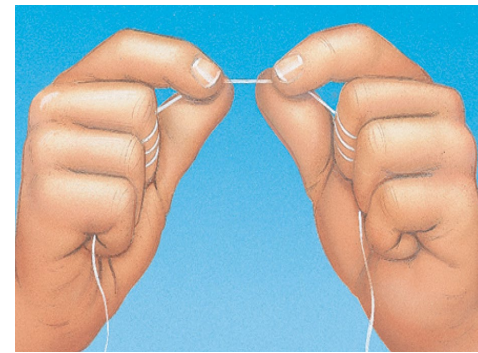
Preventing Gum Disease

Professional Dental Cleaning & Exam

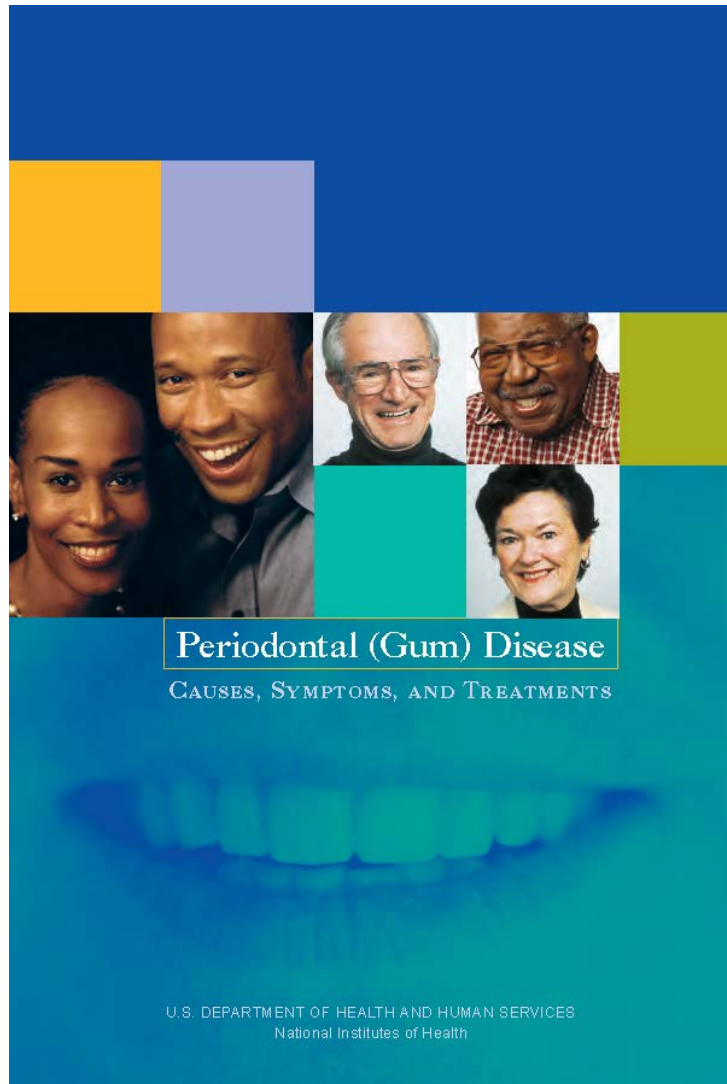
- 2 or more times per year
- Periodontal therapy, as needed

Daily Home Care

- Brushing
- Flossing
- Prescription mouth rinse, if recommended



Resources On Gum disease



Periodontal (Gum) Disease

This brochure is for people with gum disease. It discusses the causes, diagnosis, and treatment options.

 [View PDF \(14 pages\)](#)

Also available in Spanish.

**Available for
Download only**



National Institute of Dental
and Craniofacial Research

<https://catalog.nidcr.nih.gov/OrderPublications/#10>

Resources On Gum disease



Tips and Tricks: Diabetes and Oral Health



How does diabetes affect my oral health?

- When blood sugar is unregulated, high levels can lead to inflammation of the gums.



How do I know if I have an infection to my teeth and gums?

- Bleeding gums when you brush or floss
- Red, swollen, or tender gums
- Changes in the fit of your dentures
- Pus between the teeth and gums
- Bad breath



What can occur as a result of unregulated blood sugar?

- Gum disease
- Dry mouth
- Thrush, a fungal infection



How can I keep my teeth and gums healthy?

- Brush your teeth just before bed at night
- Floss at least once a day
- Keep your false teeth clean
- Call your dentist immediately if you have problems with your teeth or gums



Tips and Tricks: Pregnancy, Gum Disease and Diabetes



Gum (periodontal) disease is an infection of the gums and bone that support your teeth. It can affect 4 out of 10 pregnant women and may have a negative impact on your pregnancy. If you have diabetes, that puts you at greater risk for gum disease. Here are some steps you can take to help have a healthy mouth and a healthy pregnancy.

• See your medical and dental professionals:

- Make sure your blood glucose levels are under control
- Have a dentist or dental hygienist check for periodontal disease
- Follow through with recommended treatment and home care (dental treatment is safe during pregnancy)



• Be alert for signs of gum disease:

- Sore, puffy, or red gums
- Bleeding gums when you brush
- Bad breath
- Loose teeth

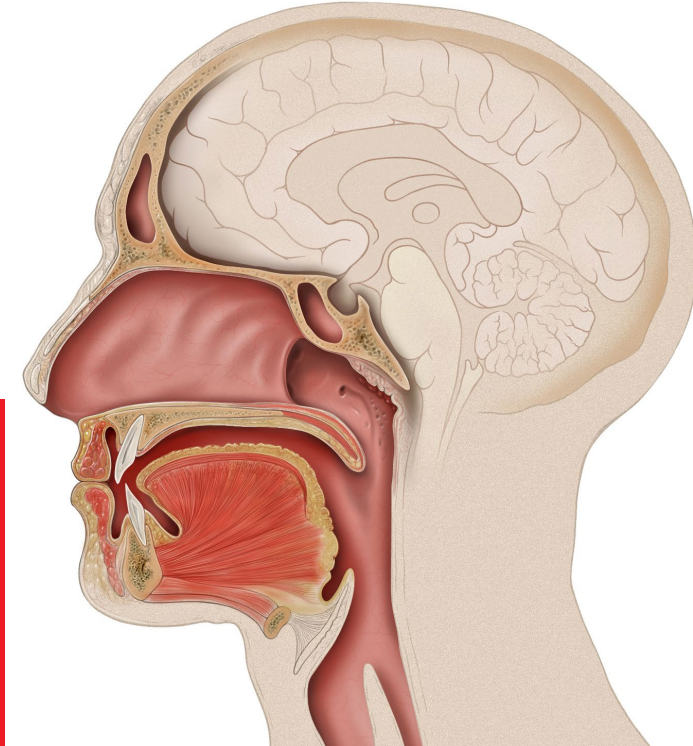
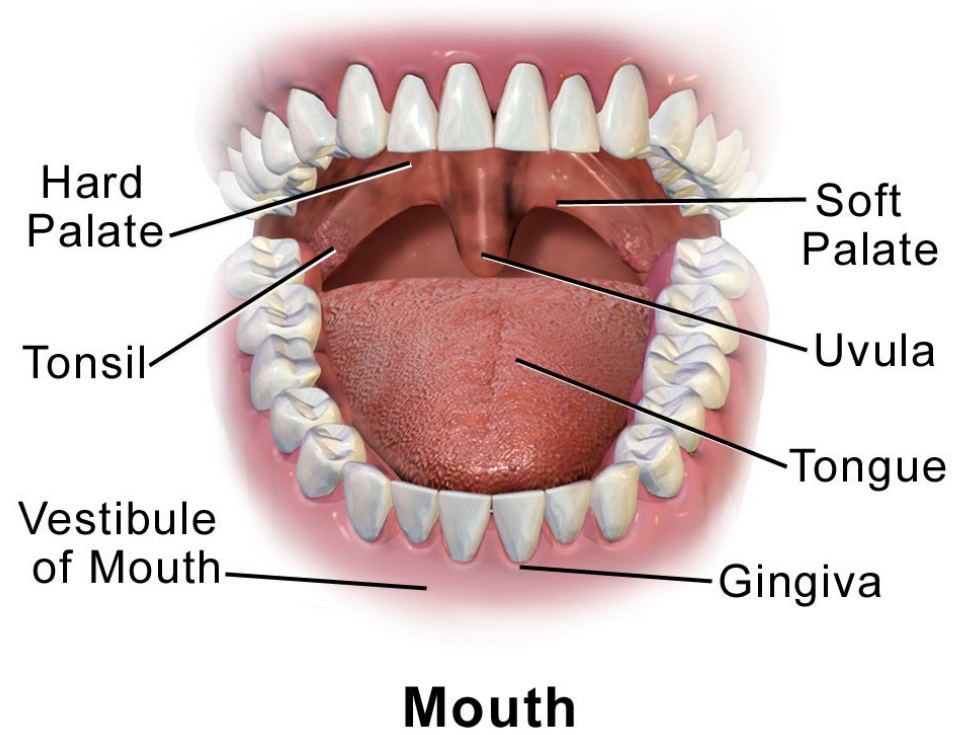


• Establish a daily dental care routine:

- Brush your teeth twice each day, especially just before bed
- Use a soft bristle toothbrush and pea-size amount of toothpaste with fluoride
- Gently brush all sides of your teeth, especially along the gum line
- Spit but do not rinse after brushing
- Floss between your teeth
- Use a mouthwash for gum disease, if recommended by a dentist or dental hygienist

Gum disease can cause serious problems in your mouth that can also impact your overall health. Take steps to keep your mouth healthy.

info@oralhealthkansas.org 785-235-6039 www.oralhealthkansas.org



Oral Cancer

Prevalence of Oral Cancer



- 53K new in 2020
- 10K Americans die each year
- 65% survival rate
- Risk increases with age

Contributing Factors

- Tobacco- cigarettes, smokeless, e-cigarettes
- Alcohol
- HPV 16
- Poor Nutrition



Preventing Oral Cancer

- Steer clear of tobacco.
- Drink alcohol in moderation.
- Have regular oral cancer screenings.
- Get vaccinated for HPV, if appropriate.
- Shield your lips from the sun.



Resources on Oral Cancer

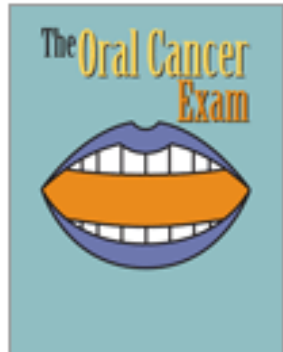


Oral Cancer

This patient education pamphlet describes risk factors, signs and symptoms of oral cancer, and the importance of detecting the disease in its early stages.



View PDF (6 pages)



The Oral Cancer Exam

This card describes the steps of an oral cancer examination so patients know what to expect.



View PDF (4 pages)

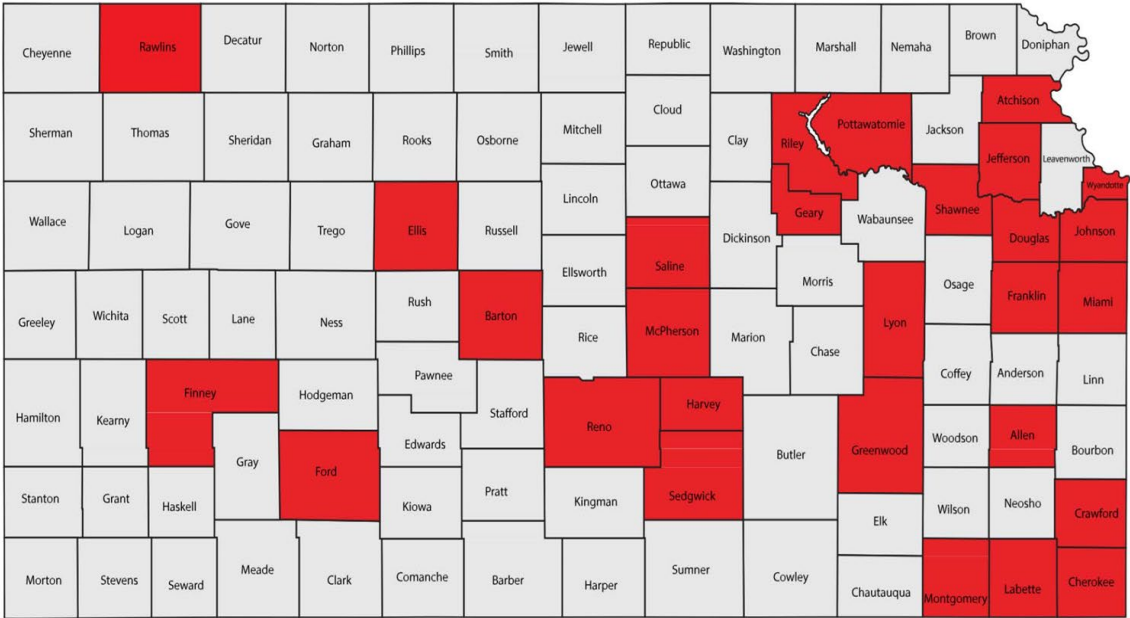


National Institute of Dental
and Craniofacial Research

<https://catalog.nidcr.nih.gov/OrderPublications/>

Resources On Oral Cancer





FINDING A DENTIST IN KANSAS

Barriers To Care

Patient-centered

- Patient's anxiety
- Transportation
- Degree of disability
- Disability associated comorbidities

Financial

- 60% rely on Medicaid
- Many states don't cover dental benefits for adults
- Low reimbursements



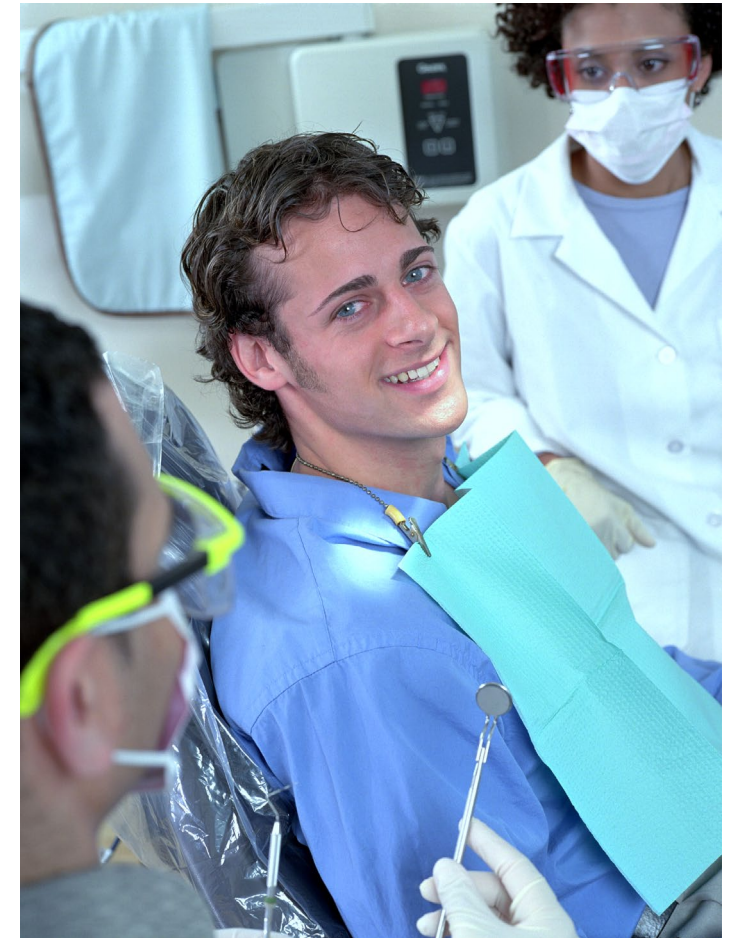
Barriers To Care (Continued)

Provider-centered


- Not a Medicaid provider
- No requests for treatment
- No proper accommodations
- Lack of training or experience

Professional Education-CODA


- 2004 Change in CODA Standard 2-25
“Graduates must be competent in assessing the treatment of people with special needs.”
- 2019 Change in CODA Standard 2-25
“Graduates must be competent in assessing *and managing* the treatment of patients with special needs.”



Resources for Professional Dental Care



[Home](#)
[Who We Are](#)
[Advocacy](#)
[Initiatives](#)
[Resources](#)






FINDING A DENTIST

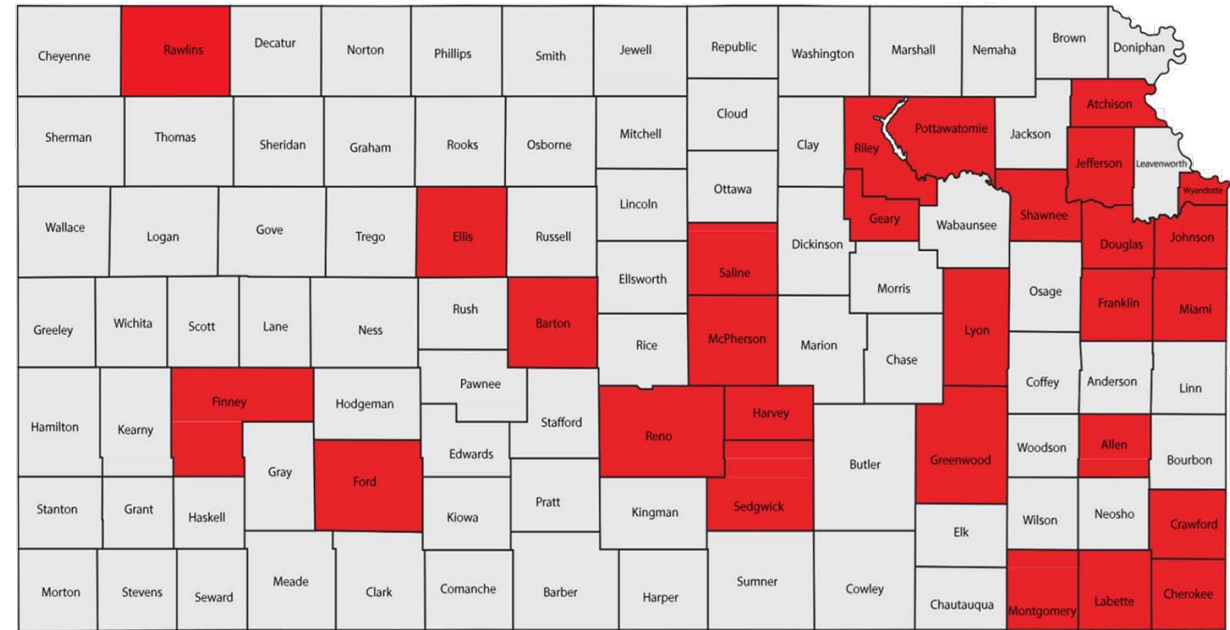
Finding a dental provider can be tough, especially if you have a limited income or no dental insurance.

Here are some ideas to try:

- Safety Net Dental Clinics**
 Safety net clinics provide dental care for people who have Kan-Care (Medicaid) insurance, private insurance and no insurance. If you are uninsured, most of these clinics use a discounted fee scale based on income.
- Dentists accepting KanCare (Medicaid)**
 Medicaid covers dental services for all child enrollees as part of a comprehensive set of benefits. Though oral screening may be part of a physical exam, it does not substitute for a dental examination performed by a dentist. A referral to a dentist is required for every child in accordance with the periodicity schedule set by the state.
- Kansas Mission of Mercy (KMOM)**
 The Kansas Mission of Mercy (KMOM) is a free, two-day dental clinic held in a different city in Kansas each year. The clinic serves approximately 800 adults and children per day in need of fillings, cleanings, and extractions. There are no eligibility or income requirements and no appointments or reservations are taken; it is first come, first served. The Kansas Mission of Mercy is a project of the Kansas Dental Charitable Foundation, a 501(c)(3) organization, and the Kansas Dental Association. For more information, go to www.kbsdentalfoundation.org.

For more detailed information about the programs above click on the corresponding tooth image below.



County	Clinic Name	Phone
ALLEN	Community Health Center of SEK- Iola	620.380.6600
ATCHISON	Atchison Community Health Clinic	913.367.4879
BARTON	Heart of Kansas- Great Bend	620.603.6838
CHEROKEE	Community Health Center of SEK - Baxter Springs	620.856.2900
CRAWFORD	Community Health Center of SEK- Pittsburg	620.231.6788
DOUGLAS	Douglas County Dental Clinic- Lawrence	785.312.7770
DOUGLAS	Heartland Comm. Health Center- Lawrence	785.841.7297
ELLIS	First Care Clinic- Hays	785.621.4990
FINNEY	Genesis Family Health - Garden City	620.272.0570
FORD	Genesis Family Health - Dodge City	620.227.9797
FRANKLIN	Health Partnership Clinic - Ottawa	913.401.2750
GEARY	Konza Prairie Dental Clinic - Junction City	785.238.4711
GREENWOOD	Flint Hills Community Health Center - Eureka	785.583.7436
HARVEY	Health Ministries Clinic- Newton	316.283.6103
JEFFERSON	Jefferson County Health Dept- Oskaloosa	785.403.0025

County	Clinic Name	Phone
MONTGOMERY	Community Health Center of SEK - Coffeyville	620.251.4300
MONTGOMERY	Community Health Center of SEK - Field Kindley	620.252.1798
POTTAWATOMIE	Community Health Ministry Clinic- Wamego	785.456.7872
RAWLINS	Rawlins County Dental Clinic- Atwood	785.626.8290
RENO	PrairieStar Health Center- Hutchinson	620.663.4283
RILEY	Konza Prairie Dental Clinic - Manhattan	785.320.7134
SALINE	Salina Family HealthCare Center	785.825.7251
SEDGWICK	Grace Med - Wichita	316.866.2000
SEDGWICK	HealthCore Clinic- Wichita	316.691.0249
SEDGWICK	Hunter Health Clinic- Wichita	316.262.3611
SEDGWICK	Sedgwick County Division of Health - Wichita (kids only)	316.660.7300
SHAWNEE	GraceMed - Topeka	785.861.8800
SHAWNEE	Marian Dental Clinic- Topeka	785.233.2800
WYANDOTTE	SW Blvd Family Health Care- Kansas City	913.722.3100

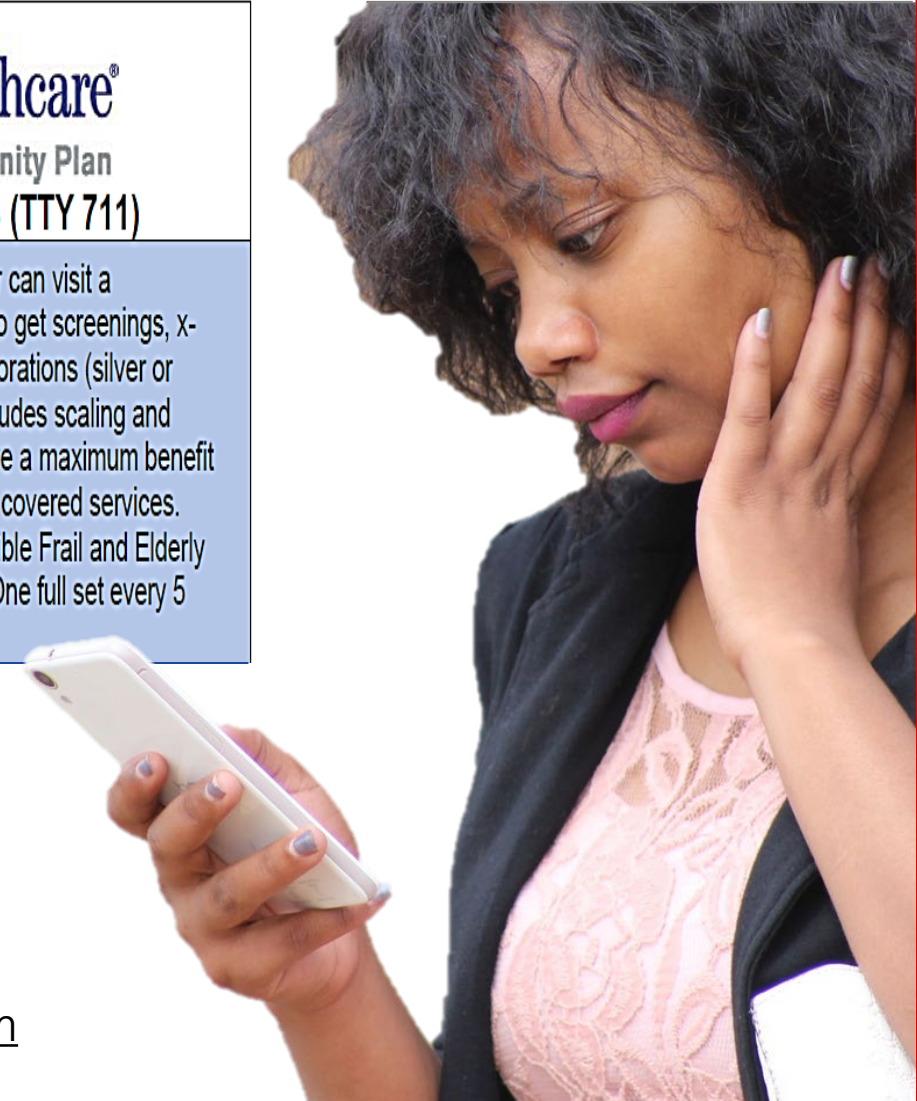
oralhealthkansas.org/FindingDentist.html

MCO Value-Added Adult Dental Benefits For 2020

 Aetna Better Health® of Kansas 1-855-221-5656 (TTY 711)	 sunflower health plan™ 1-877-644-4623 (TTY 711)	 UnitedHealthcare® Community Plan 1-877-542-9238 (TTY 711)
Members 21 yrs. and older receive \$500 per year for dental services. It can be used for things like dental exams/cleanings twice each year, annual bitewing X-rays, fillings and fluoride treatments.	Two dental visits (cleanings, screenings) for adults 21 and older every year. Children are covered for most dental services under regular Medicaid benefits.	Any member age 21 and over can visit a participating dental provider to get screenings, x-rays, cleanings and filling restorations (silver or white tooth colored). This includes scaling and polishing teeth. Members have a maximum benefit of \$500 per calendar year for covered services. Dentures are covered for eligible Frail and Elderly waiver members at no cost. One full set every 5 years.

Dentists accepting Kan-Care insurance:

- Aetna- <https://aetnaksmdp.sciondental.com/MWP/Landing>
- Sunflower- <https://providersearch.sunflowerhealthplan.com/>
- United- <http://skygenusa.com/Find-A-Provider/Find-a-Dentist.htm>



Tips for a Successful Dental Appointment

My Dental Care Passport

This is essential reading for all dental office staff working with me. It gives important information about how I can be better supported when visiting your clinic. This passport should be kept visible and used when you talk to me or have a question about me.

ALL ABOUT ME

My name is: _____
I like to be called: (nick name if you have one) _____
Where I live right now: (for example - supported living or _____)

COMMUNICATION & BEHAVIOR

Ways that I prefer to communicate with people:

- ☐ Talk to me directly
- ☐ Give me time to process the questions
- ☐ I have a speech impairment and can be difficult to understand
- ☐ It takes time to form my words so please be patient

SENSITIVITIES

These are some things that can upset me: (select all that apply)

- ☐ Smell – office, perfume, cologne
- ☐ Sounds – music, drill, phones, voices, clock
- ☐ Sight – lights, overhead arm, mirrors, shiny tools
- ☐ Positions – chair height and tilt, being “still”, lying flat
- ☐ Closeness – people, water, light, x-ray machine
- ☐ Touch/Temp – gloves, air, gauze, water, suction, room/water temperature, toothbrushing
- ☐ Texture – toothpaste, gauze, cotton, metal
- ☐ Pressure – seeking or aversion
- ☐ Taste – gloves, toothpaste, fluoride

ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: How to Have a Successful Dental Appointment

You can take steps to have a good dental visit for you and your child when you plan ahead. Using the Internet or phone to search for detailed information saves time.

Know Your Needs – Finding a New Dentist

Keeping in mind the person that needs dental care; yourself, a baby, a young child, a teenager, a pregnant woman:

- What services are needed? Exam, dental cleaning, treatment for painful, broken or lost tooth, bleeding gums, sedation?
- Where is the best location for your needs? Same town, same county, same region of the state?
- What payment options work best for you? Dental insurance, self-pay, payment plans, sliding fee scale based on income?

Select a Dental Clinic (Office) that Fits Your Needs

- Dental office that accepts your insurance or other payment options that work for you
- General dental office that serves the entire family
- Dental specialists: children, root canals, gum disease, oral surgeons

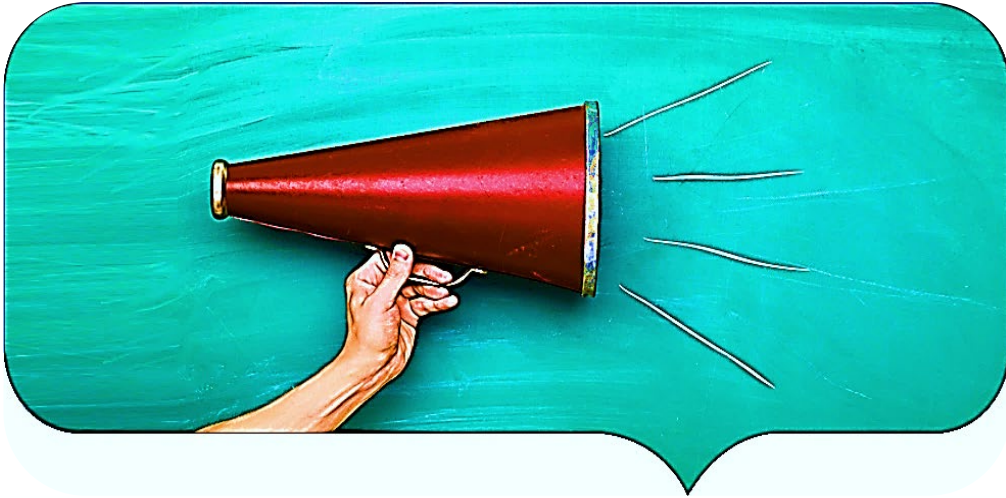
Prepare for Your Visit

- Gather information – insurance card, pre-appointment form, list of medications
- Arrange in advance for transportation
- Call if you cannot make the appointment, even if it is the same day – not calling can mean you have to pay for the missed appointment or you cannot make another one at that office
- If the appointment is for yourself or one of your children, arrange for child care for the others
- Brush and floss your teeth or swish with water before arriving at your appointment
- Wear comfortable clothes, bring a pillow, blanket, headphones for music if needed
- Arrive fifteen-minutes before your appointment

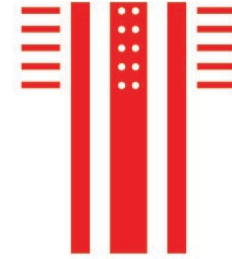
info@oralhealthkansas.org 785-235-6039 www.oralhealthkansas.org

Call to Action

HOW CAN YOU MAKE A DIFFERENCE?



- Make oral health a part of the discussion
- Find out what professional dental services are available in your area.
- Address gaps in knowledge
- Include oral health when visiting with your legislators



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