
Oral Health for Kansans with Disabilities

2022 INTERHAB POWER UP! CONFERENCE

VIRTUAL SESSION





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Anticipated Outcomes

-
- Why good oral health is important
 - Disparities and barriers to oral health
 - Oral health resources
 - New Medicaid dental benefits
 - Taking action to improve oral health

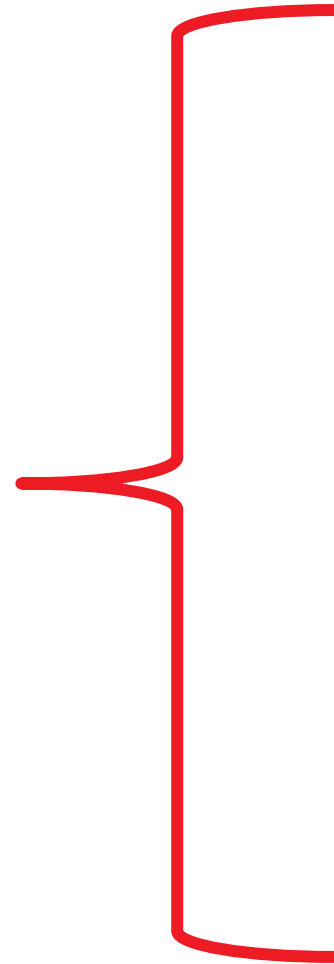
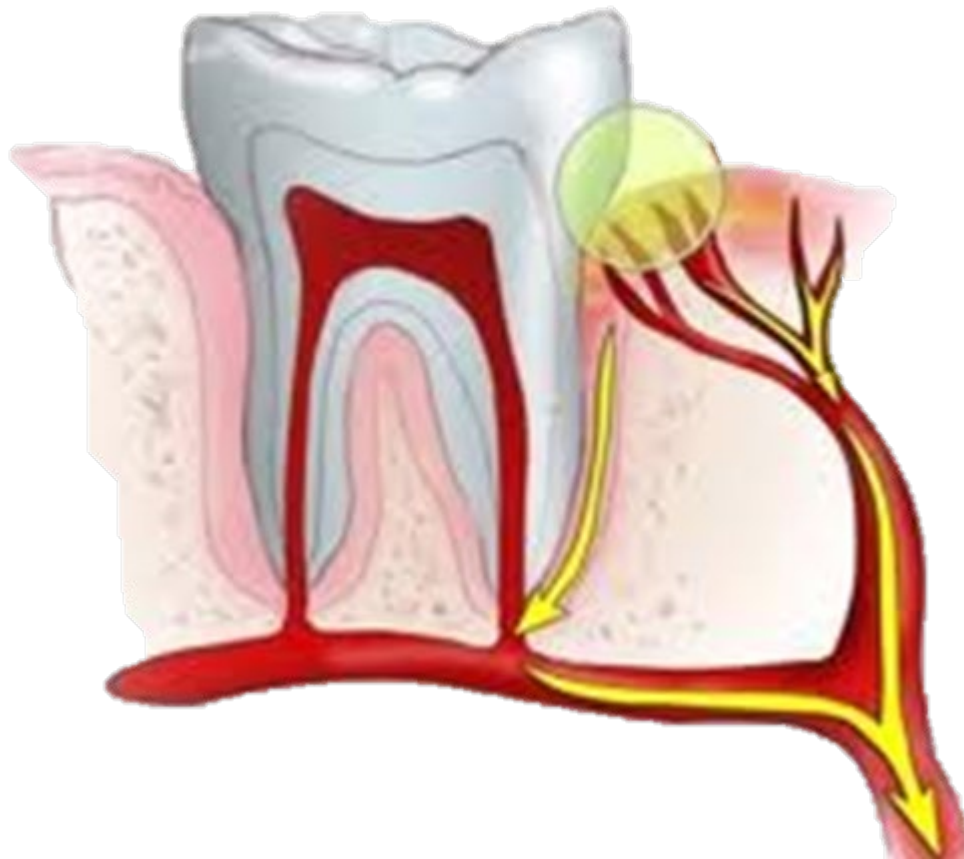
WHY ORAL HEALTH MATTERS

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

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

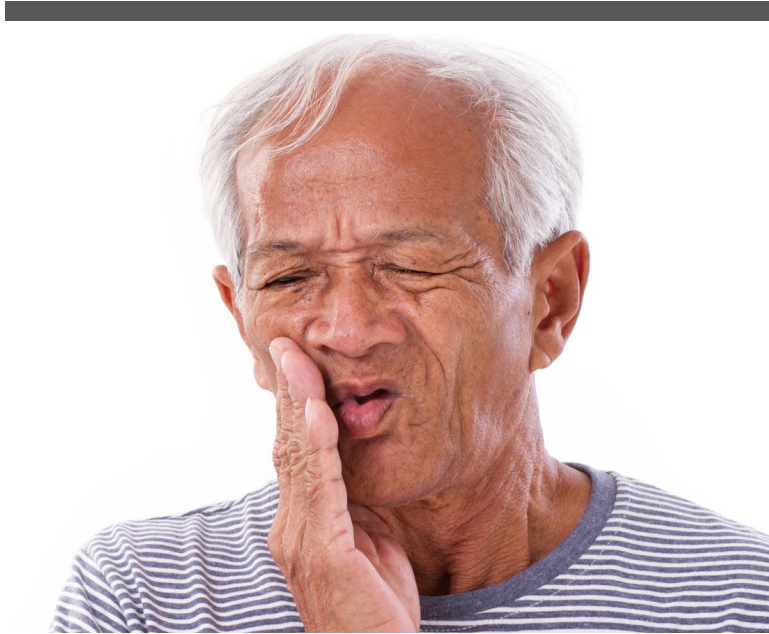


The Mouth-Body Connection



IMPACT OF POOR ORAL HEALTH

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



Oral Health Disparities

Number one unmet health need adequate dental care

Have higher risk for dental problems

Less likely to receive necessary restorative and preventive care

Edentulism one and a half times higher rate for adults

1.6 billion spent each year in emergency rooms

“Of all the medically underserved populations, people with disabilities have been the most marginalized when it comes to oral healthcare.”

*Dr Steve Perlman, DDS MScD
Professor Boston University, School of Dental Medicine*

Barriers to Care



Patient-centered

- Patient's anxiety
- Degree of disability
- Competing priorities



Financial

- Unaffordable private insurance
- 60% rely on Medicaid
- No adult dental benefits



Provider-centered

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

Strategies To Overcome Barriers

Financial

- Increased reimbursement
- Adding dental benefits to Medicare
- Additional incentives: loan repayment, accessible equipment

Address gaps in knowledge

- Dental Provider
 - Dental students competent in assessing and managing treatment
 - Practicing dentists seek out didactic and clinical experience
- Caregiver
- Health support team



Feeling Good About Your Smile



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?

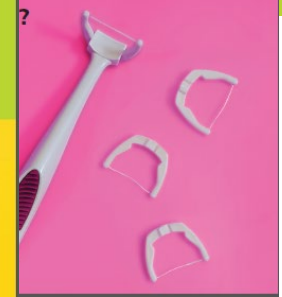
Try This...

- 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 using an inhaler or taking liquid medicine, be sure to brush your teeth after using it.
- Remember, brushing your teeth is important for cavities and gum disease, and overall health. Taking care of your smile and fresher breath, can improve your relationships and your life. Consider new things to keep brushing your daily routine. Consider support your efforts to keep your mouth healthy. Consider additional advice.



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
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Specialty Toothbrushes

Name	Description	Sample retailer
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Other Adaptive Devices

Name	Description	Sample retailer
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Dry Mouth Relief

Name	Description	Sample retailer
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Flossing Aids

Name	Description	Sample retailer
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Specialty Toothpaste

Name	Description	Sample retailer
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Adaptive Devices for Toothpaste

Name	Description	Sample retailer
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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



Barriers to Care



Patient-centered

- Patient's anxiety
- Degree of disability
- Competing priorities



Financial

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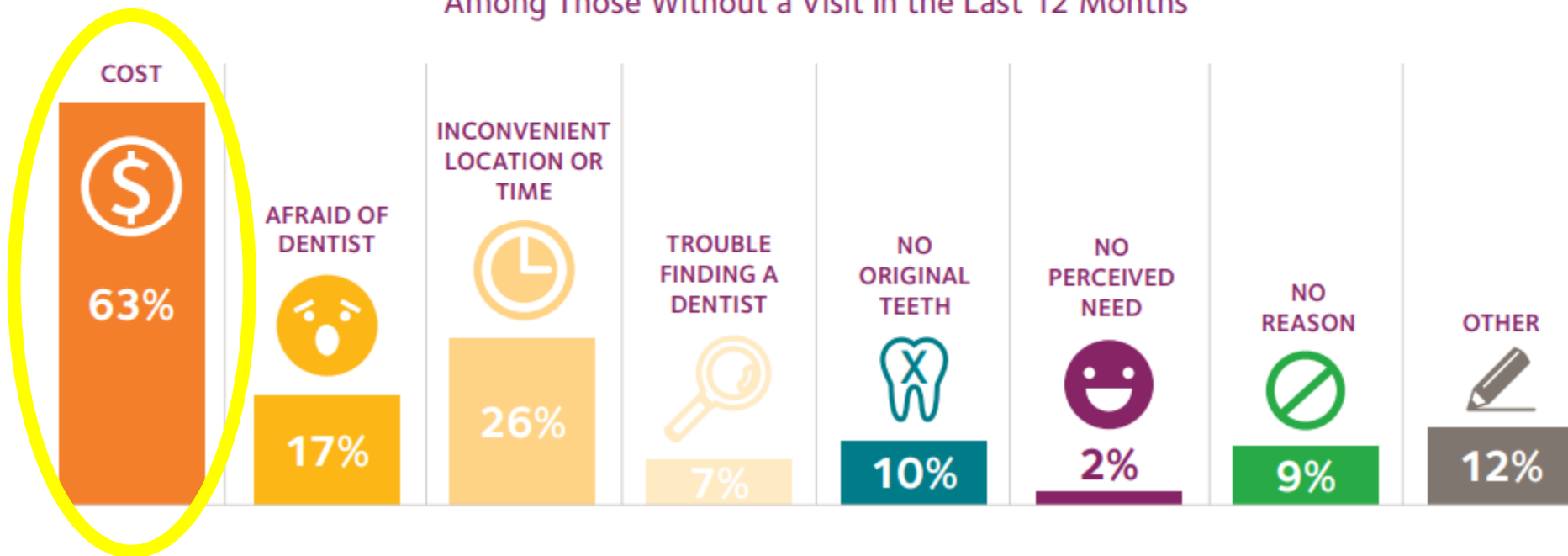


Provider-centered

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Oral Health and Well-Being in Kansas

Reasons for Not Visiting the Dentist More Frequently,
Among Those Without a Visit in the Last 12 Months



Source: American Dental Association's Health Policy Institute, <https://www.ada.org/-/media/project/ada-organization/ada/ada-org/files/resources/research/hpi/oralhealthwell-being-statefacts/Kansas-Oral-Health-Well-Being.pdf>

Medicaid Dental Coverage

- Medicaid is required to cover dental care for children, but not adults
- Kansas includes coverage for emergency extractions
- In 2013 when KanCare began, more dental services were available for adults
- Today each of the KanCare managed care organizations covers up to \$500 for dental care, including exams and cleanings, through their value-added benefits
- Dentures are available to people on the PD and FE waivers



aetna®

Aetna Better Health® of Kansas



**sunflower
health plan™**



UnitedHealthcare®
Community Plan

New in 2022!

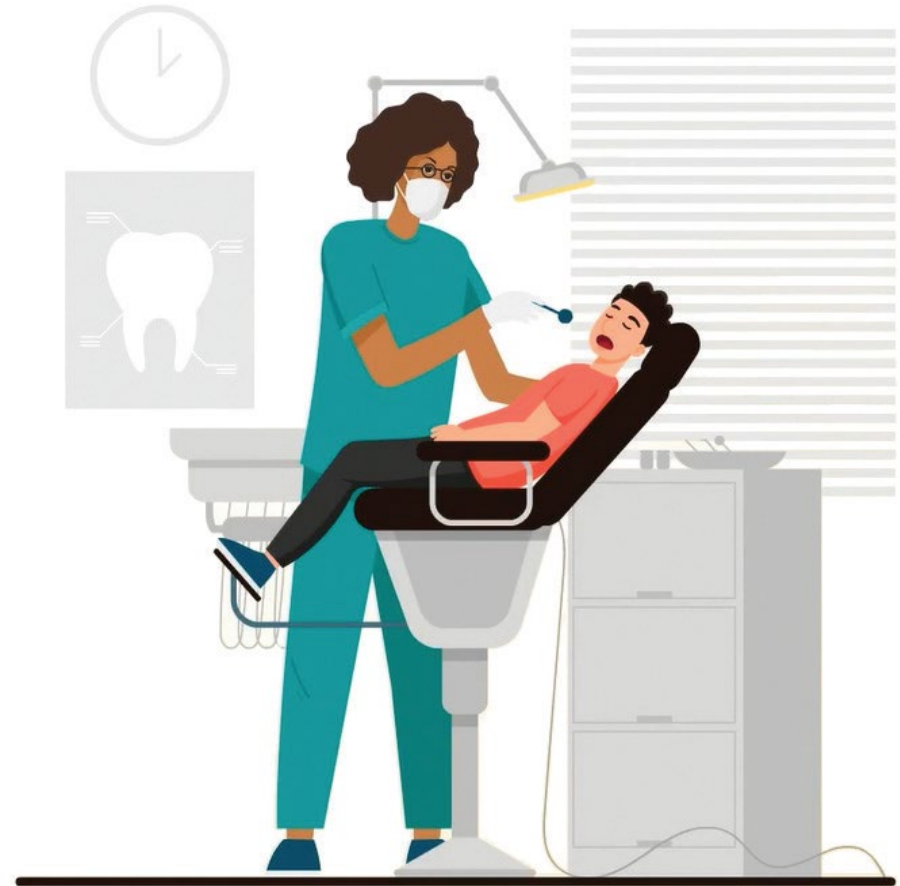


Medicaid
Dental Benefits
for Adults
APPROVED!



NEW Medicaid Dental Coverage

- New coverage includes:
 - Fillings
 - Crowns
 - Gum disease treatment
 - Silver diamine fluoride
- Slight improvement to access to dentures
- Non-emergency transportation now accessible
- Existing coverage of exams and cleanings continues through value-added benefits

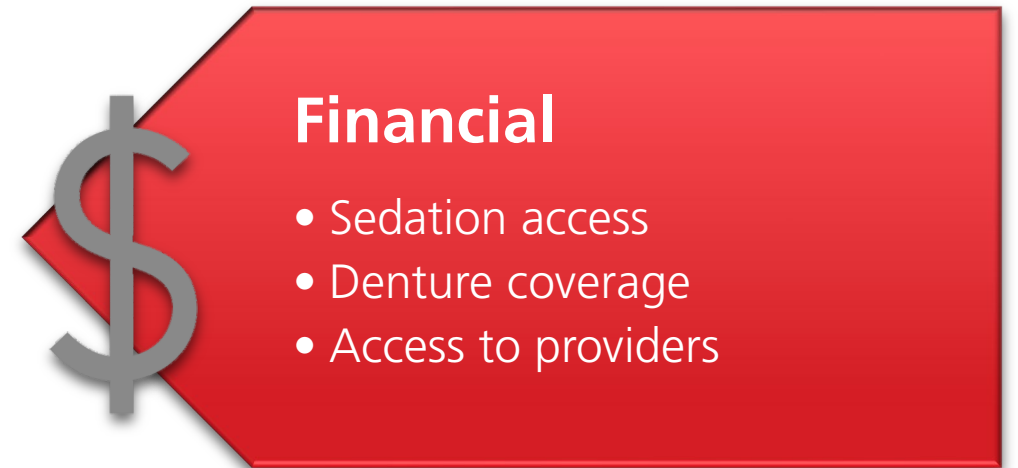


Lingering barriers

- Sedation dental care is difficult to access
 - The capacity of many people with disabilities to cooperate during dental procedures requires the use of sedation and general anesthesia
 - A 2021 literature review published in the Journal of Dental Anesthesia and Pain Medicine found that *“previous studies reported that approximately 45% of patients required general anesthesia for their dental treatment due to cooperation difficulties related to autism, dementia, intellectual disability, and other mental disabilities.”*
- Dentures are virtually unavailable
 - Because people have gone without care for a long time, many adults with IDD require full or partial dentures.
 - Coverage of dentures is available for only people on the FE and PD waivers or for people with a medical necessity.
- Few dental providers accept Medicaid
 - About a third of dentists see at least one Medicaid patient each year
 - Only about 18% of dentists see more than 100 Medicaid patients each year

Potential solutions

- Sedation Dental Care Task Force
 - ✓ Oral Health Kansas is convening a task force to examine the barriers and propose solutions
 - ✓ InterHab is a member of the task force!
 - ✓ We hope to have solutions ready for the 2023 Legislative Session
- Denture coverage
 - ✓ Oral Health Kansas and partners will advocate for funding for dentures in the 2023 Legislative Session
 - ✓ We need stories from service providers and consumers to demonstrate the need
- Few dental providers accept Medicaid
 - ✓ Each of us can talk with our dental office about seeing Medicaid patients



Get involved in Medicaid adult dental

- Watch our website for updates about the new dental coverage and to get involved in advocacy for more benefits

<http://www.oralhealthkansas.org/MedicaidAdultDentalBenefits.html>

- Subscribe to our e-newsletter for advocacy alerts

<http://www.oralhealthkansas.org/WWU.html>

- Share our video announcing the new benefits

<http://www.oralhealthkansas.org/AdultMedicaid/oral%20health%20kansas-final.mp4>

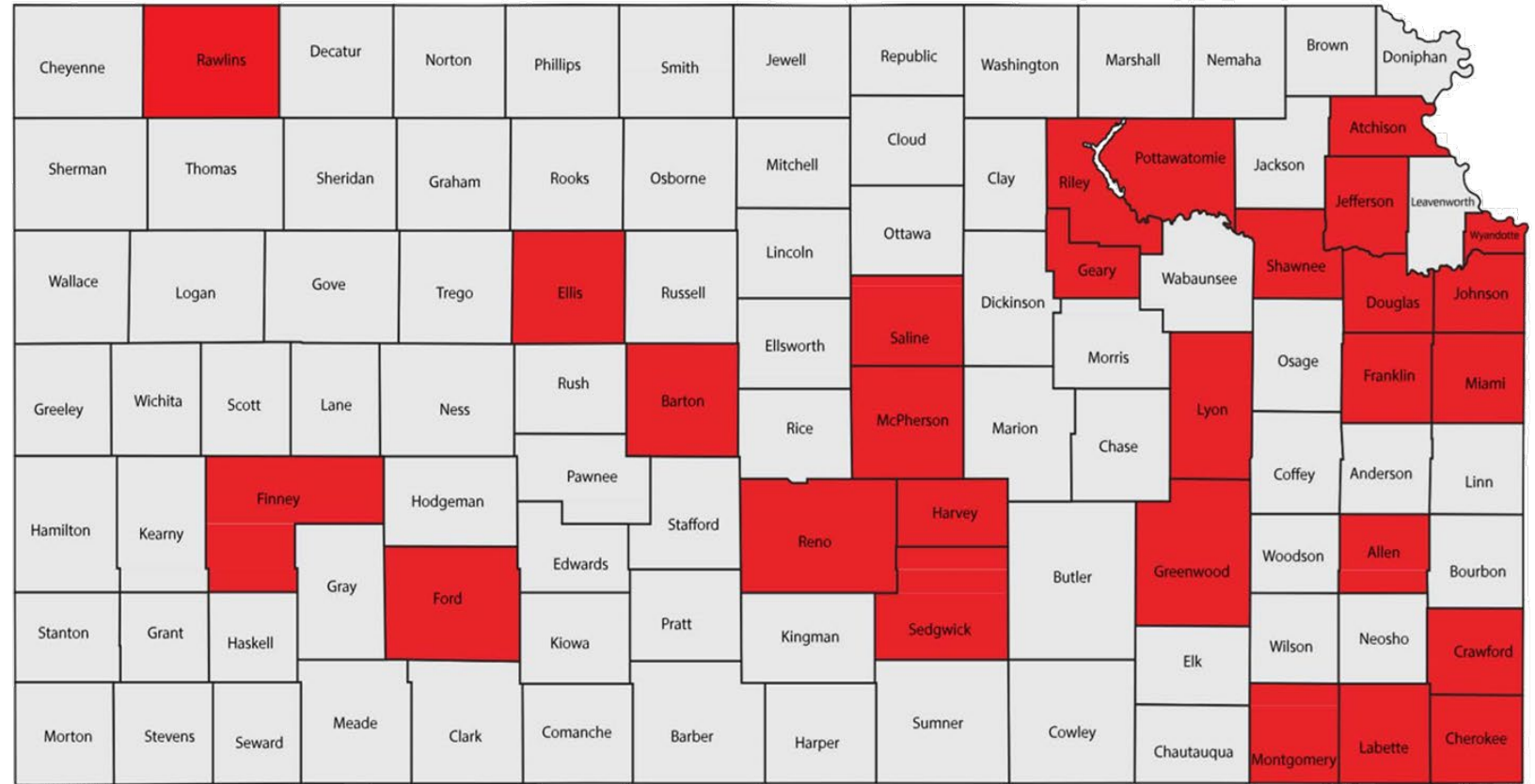


Resources for Professional Dental Care

Visit oralhealthkansas.org/FindingDentist.html



- Click on the “Safety Net Dental Clinics” tooth
- Navigate to a region of the state to find a local clinic
- Print a map and list of all the clinics



Resources for Professional Dental Care

Visit oralhealthkansas.org/FindingDentist.html



- Click on the “KanCare Options” tooth
- Includes links to each of the KanCare managed care organizations
- List of the 2022 value-added dental benefits





FINDING THE RIGHT DENTAL OFFICE

Here are some questions to consider when looking for the perfect fit for a person with disabilities

DENTAL OFFICE NAME: _____ PHONE NUMBER: _____

Hello. I am looking for a dental home that can meet the needs of person with disabilities. Are you the right person to speak to about this?

Can your office provide dental care for the special needs population?

My child has XYZ issues/disabilities, do you know if your dental team is familiar with this? Would it be helpful for me to send information regarding my child's issues/disabilities?

Does your office accept Medicaid/KanCare? I have (United, Sunflower, Aetna) insurance.

Does your office have distraction strategies they use during dental treatment? (TV, music, handheld items, etc.)

My child responds better in a quiet environment or at certain times of the day. Are appointment times flexible?

Is your office and equipment wheelchair accessible? Can your dental team assist with the transfer from wheelchair to dental chair?

Can I bring my child into the office prior to the appointment to meet the dental team?

Do you have any videos, brochures, or books that may help in advance of the visit?

Is it possible to complete and submit all needed paperwork before the day of the appointment?

Notes:

Finding the Right Dental Office

Questions to ask a dental office when looking for a perfect fit for a person with disabilities.

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

[Insert picture]

This is the best person to need help: (Please list name)

Other key professionals contact: (Please list name, role)

MEDICAL HISTORY

My brief medical history: (hearing impairment, diabetes, illnesses or operations, and other conditions)

These are the medicines I am taking: (prescription and non-prescription)

I have bad reactions when I use: (allergic to or don't tolerate well)

I am allergic to latex: ☐

DENTAL HISTORY

My last visit to a dental office was: ☐ Within the last 3 months ☐ 6 months

When I had dental care in the past, I stay calm (hospital setting, I.V. Sedation, etc.) If yes, describe what was used, if known

How I react to dental or medical procedures: (shots, IV's, examinations, x-rays)

My best visit to the dental office is when: (describe)

My worst visit to the dental office is when: (describe)

Here are the questions and/or worries I have:

These are the things I need to be comfortable with (check all that apply):

- Support for: ☐ neck ☐ back ☐ arms
- ☐ Sit up in dental chair (cannot tolerate a reclined chair)
- ☐ Supportive stabilization security wrap
- ☐ Stabilization support for spasms

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

MOBILITY

I use these aids to help me move:

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

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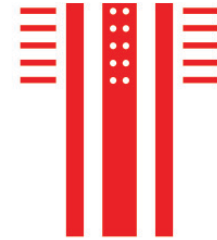
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