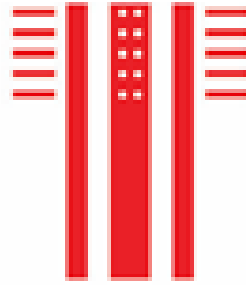


WHAT HAPPENS IN THE MOUTH DOESN'T STAY IN THE MOUTH: ACHIEVING GOOD ORAL AND OVERALL HEALTH FOR PEOPLE WITH DISABILITIES

2023 INTERHAB POWER UP! CONFERENCE





ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION



KATHY HUNT, RDH, ECPII

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

Anticipated Outcomes

-
- ❑ Understand the impact of poor oral health on overall health
 - ❑ Share practical tips for encouraging cooperation and collaboration in oral care routines.
 - ❑ Awareness of adaptive tools that can enhance oral care for people with disabilities
 - ❑ Build collaborative relationships with the professional dental team

Oral Health Disparities



Compared with the general population, people with disabilities:

- Begin dental visits later
- Higher rates of gum disease and cavities
- More missing teeth
- Higher level of untreated disease (#1 unmet health need)

Disparities amplified by deinstitutionalization and increased life expectancy.

Need for Oral Healthcare



Kathy & Jacob's Story

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



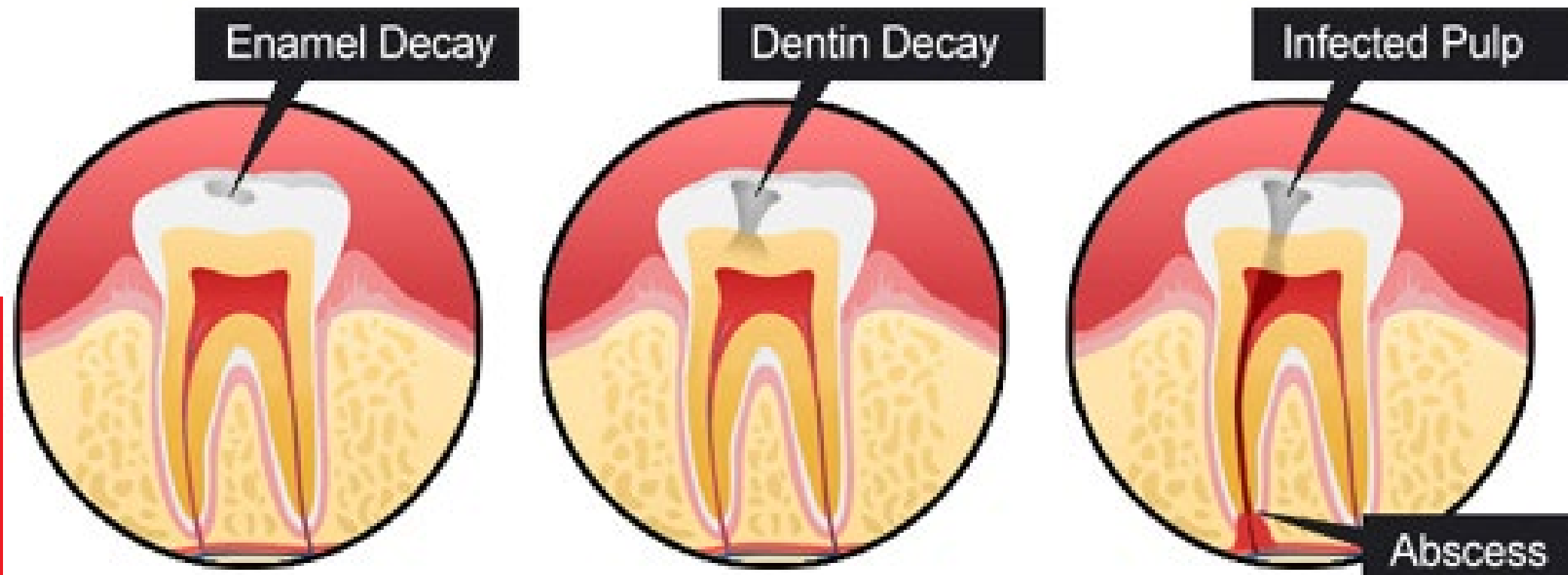
Provider-centered

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

DISEASES OF THE MOUTH

- Cavities
- Gum Disease
- Oral Cancer





Tooth Decay (Cavities)

Contributing Factors for Cavities



Poor snacking habits



Poor oral hygiene



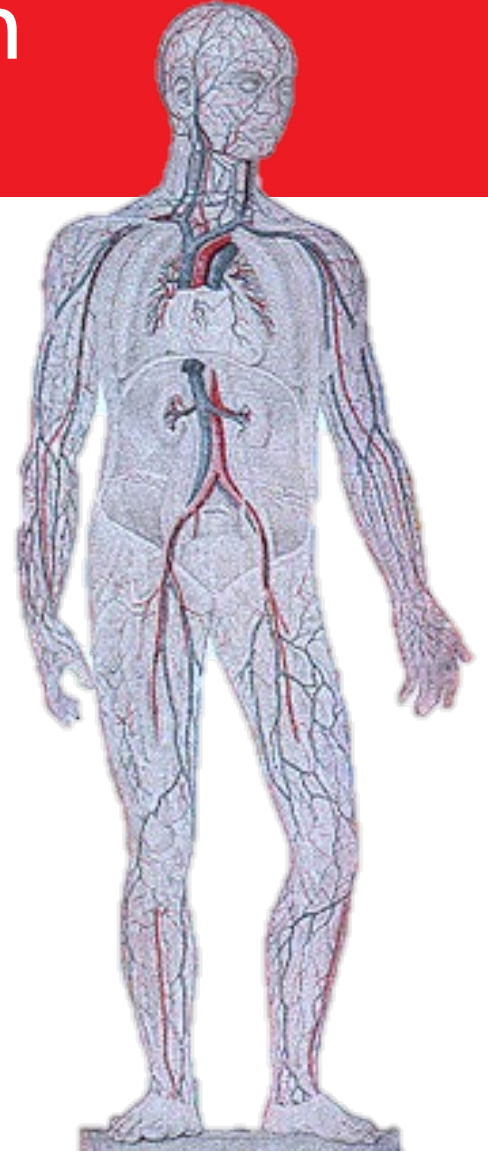
Dry mouth



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

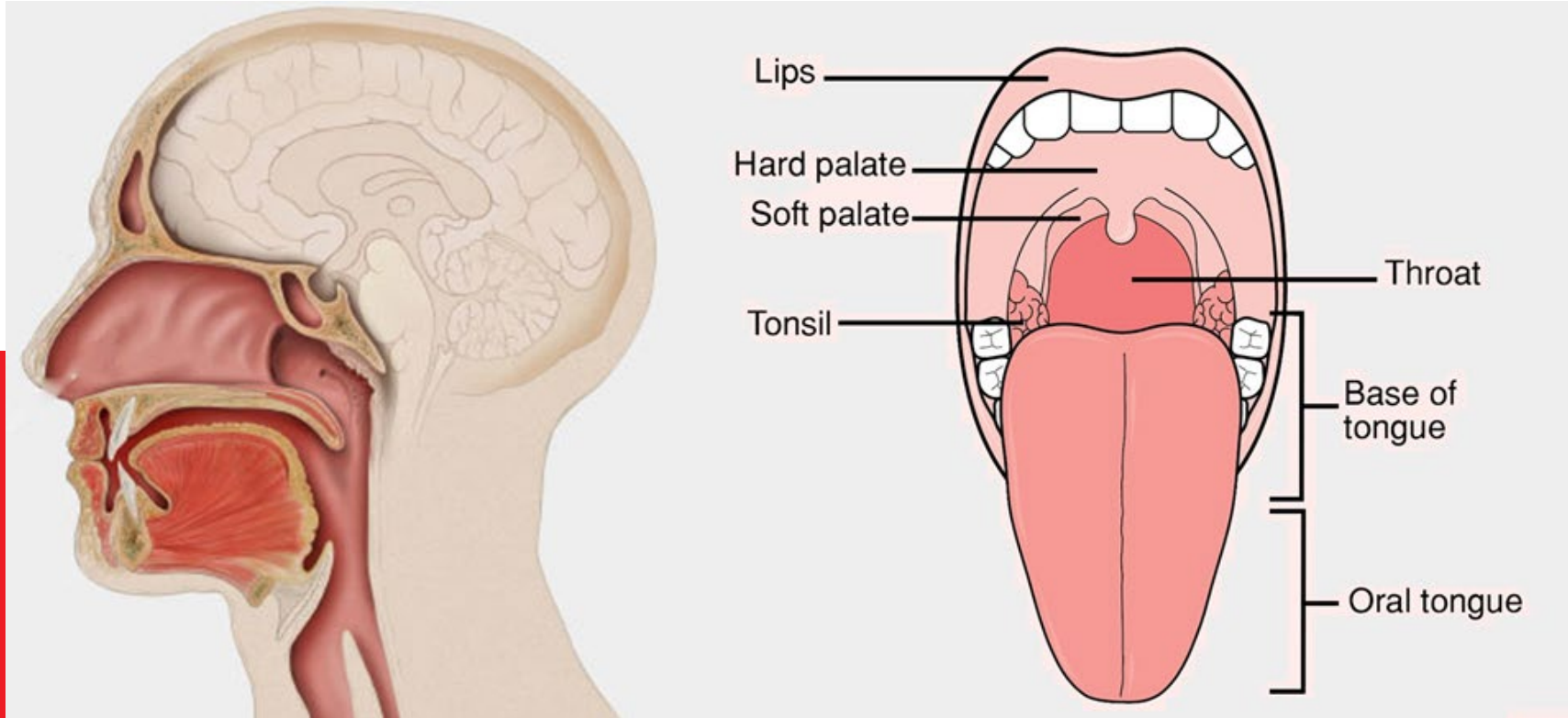


Poor oral hygiene

- Plaque
- Calculus (Tarter)

Factors that impair healing

- Tobacco
- Stress
- Poor diet
- Diabetes



Oral Cancer

Contributing Factors



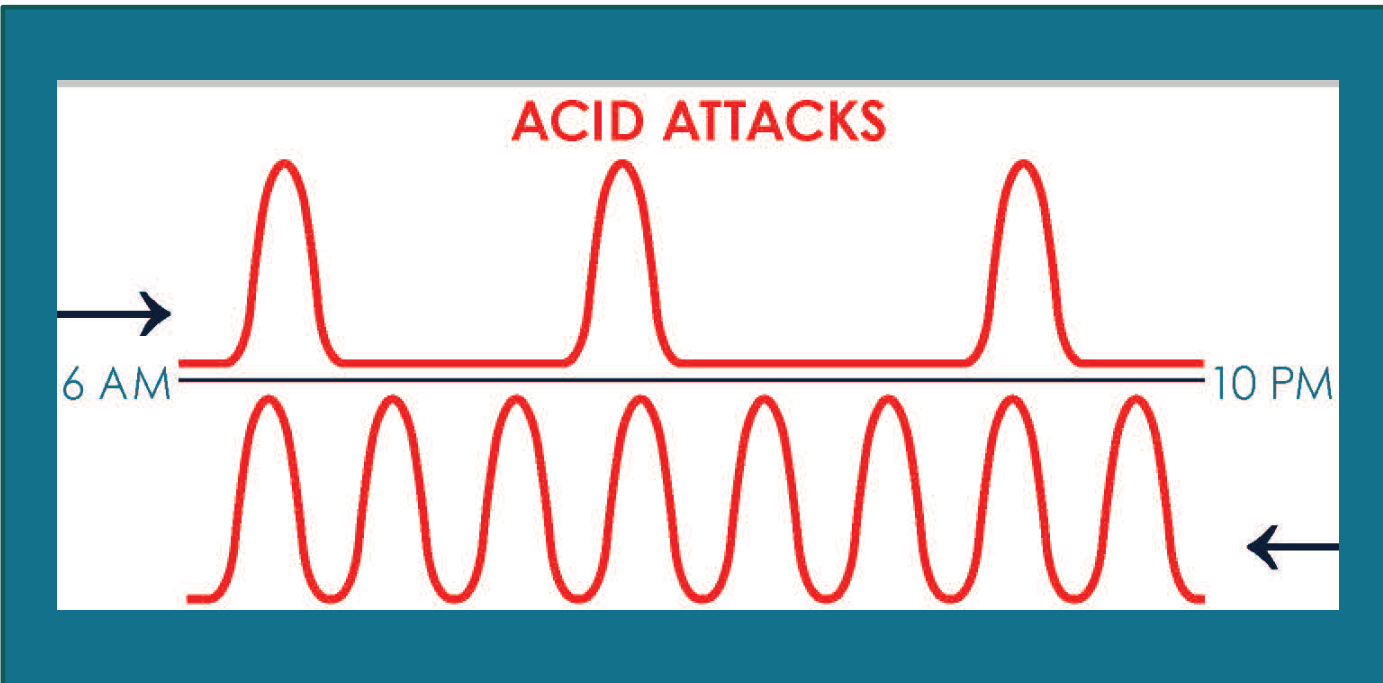
- Tobacco- cigarettes, smokeless, e-cigarettes
- Alcohol
- HPV 16
- Poor Nutrition

Preventing Oral Disease



Preventing Oral Disease

Snack healthy- simple carbs at mealtime only
Drink water with fluoride



Preventing Oral Disease

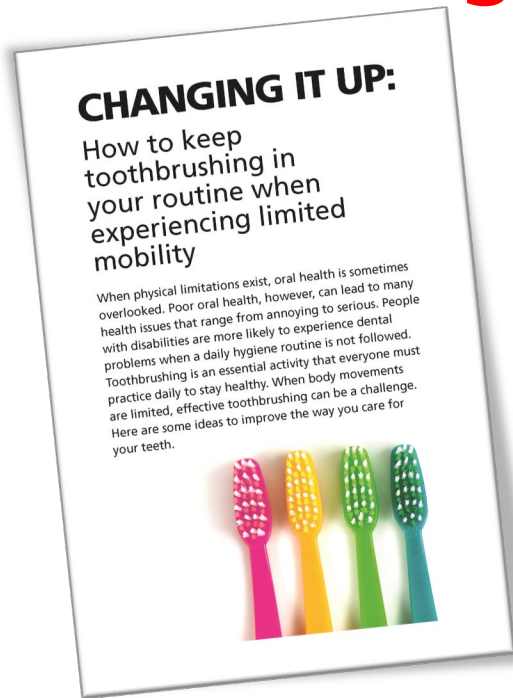


Daily Home Care

- Brushing with fluoride toothpaste
- Flossing daily
- Fluoridated mouth rinse nightly

Rinse with water after consuming sugary medications and inhalers

Toothbrushing Booklet



- Pocketing food
- Trouble standing at the sink
- Trouble with uncontrolled arm movements
- Applying toothpaste to brush
- Opening toothpaste tube
- Holding your mouth open
- Holding a toothbrush

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

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

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

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*

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

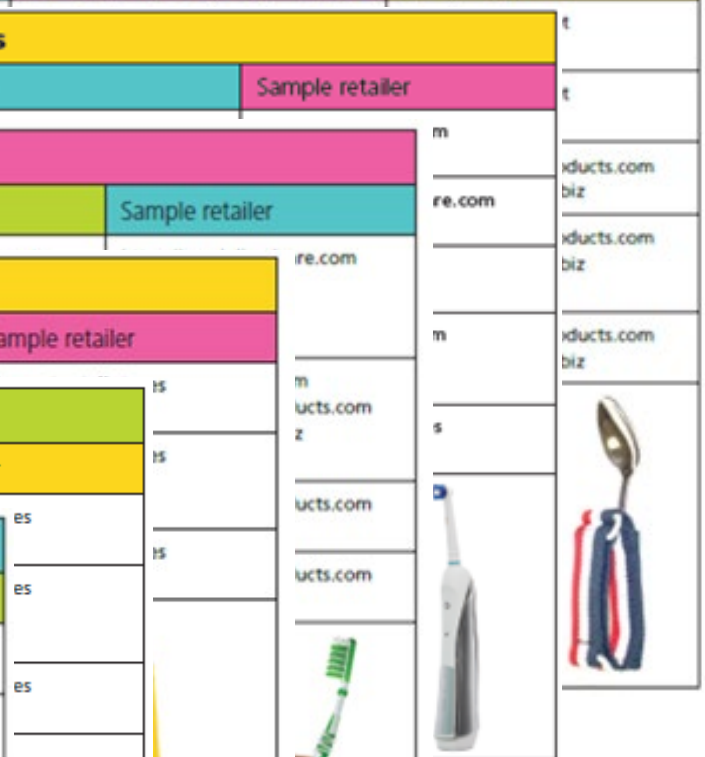
Other Adaptive Devices		
Name	Description	Sample retailer

Dry Mouth Relief		
Name	Description	Sample retailer

Flossing Aids		
Name	Description	Sample retailer

Specialty Toothpaste		
Name	Description	Sample retailer

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



Graduated Guidance for Toothbrushing



Storyboard Mirror Cling

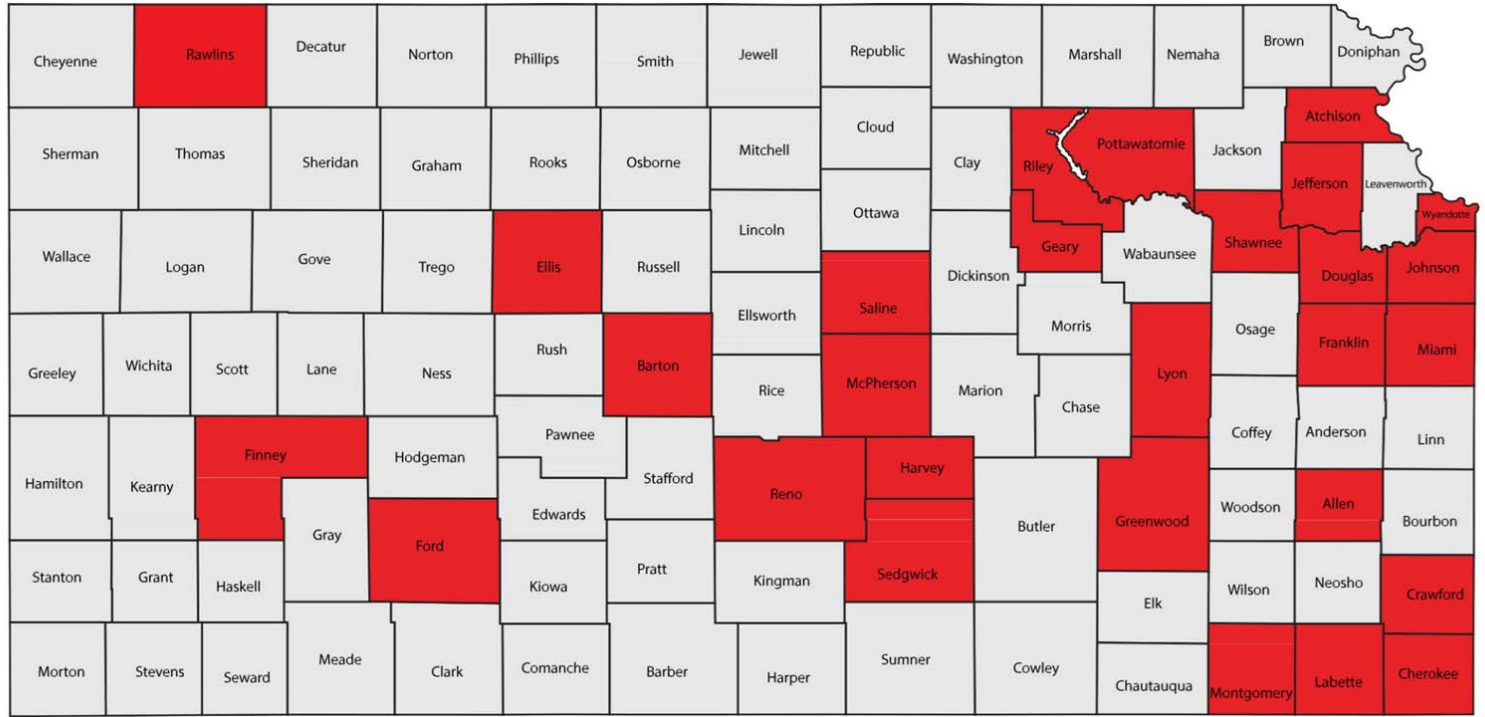


Preventing Oral Disease



Professional Dental Care

- Early identification of oral diseases, including an oral cancer screening.
- 2 or more times per year
- Periodontal (gum) treatment, if needed



Finding a Dentist In Kansas



Safety Net Dental Clinics

Safety net dental clinics are low-cost dental offices. These clinics can offer dental care for people with KanCare (Medicaid), private insurance, or no insurance at all. If you don't have insurance, these clinics will charge you less money based on your income.



Dentists accepting KanCare

(Medicaid)

KanCare (Medicaid) covers dental care for children and adults. Most dental care is covered for children, and services like fillings, crowns, dentures, and gum disease treatment are covered for adults.



Kansas Mission of Mercy

The Kansas Mission of Mercy (KMOM) is a special dental clinic that happens once a year in a different city in Kansas. This clinic is free and lasts for two days. Adults and children can get their teeth filled, cleaned, or pulled if needed. You don't need to meet any

Other Dental Resources

Adult

Donated Dental Services (DDS)

Health Access Program

Adult Sedation Dentistry

KNI Dental Clinic (Kansas Neurological Institute)

KC Children's Surgery Center

Children

Health Access Program

The HNC Living Foundation

Children's Sedation Dentistry

KC Children's Surgery Center

KNI Dental Clinic (Kansas Neurological Institute)

Tips for a Successful Dental Appointment

My Dental Care Passport

For users: This passport is unique to you. Please fill out all information that you think is important.

For my dentist or healthcare provider: This is key reading for all staff working with me. It gives important information about how I can be supported when visiting your clinic. This passport should be kept visible and used when you talk to me or have a question about me.

MOBILITY

I use these aids to help me move:

You can help me move by:
For example: assistance needed to get into dental chair, go to the restroom.

ABOUT ME

My name is:
I like to be called:
Nickname if you have one:

I am: Male Female Transgender Male Transgender Female
 Variant/Non-conforming Not listed:

My preferred pronoun is:
 He She They Ze Not listed: No preference

Where I live right now:

SENSITIVITIES

These are some things that can upset me:

Check 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 “stilt,” 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

DENTAL HISTORY

My last visit to a dental office was:
Check one.
Within the last 3 months 6 months 1 year Over a year ago Never

When I last visited the dentist, the dental team understood me as a person and my specific needs. YES NO
Please explain:

When I had dental care in the past, I needed help to stay calm?
 YES NO
Please explain:

COMMUNICATION & BEHAVIOR

Ways that I prefer to communicate with people:

Check all that apply:

- 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.
- Other:

I communicate using:
For example: speech, preferred language, sign language, communication devices or aids, pictures, non-verbal sounds. Also state if extra time/support is needed.





Medicaid Dental Benefits for Adults **APPROVED!**

Effective July 1, 2022

Enhancements in KanCare dental coverage

2019-2020

Rate increases on preventive & diagnostic services as well as fillings

2021

Rate increase for hospital dental care

2022

Dental coverage extended to adults: fillings, crowns, periodontal care, & Silver Diamine Fluoride

2022

Non-emergency medical transportation expanded to include dental appointments for adults

Visit Oral Health Kansas' Medicaid adult dental benefit webpage to learn more and find fact sheets for consumers and providers

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

Consumer Resources

Medicaid (KanCare) Adult Dental Benefits Frequently Asked Questions for Consumers



Who is eligible for the new adult dental benefit?

All people over age 21 who are eligible for Medicaid have access to new dental benefits. Adults who are eligible for Medicaid include people with disabilities, older adults, and pregnant people.

When did adult dental benefits go into effect?

Coverage for fillings, crowns, and gum disease care for people over age 21 went into effect on July 1, 2022. New coverage for dentures went into effect on July 1, 2023.

What services are covered for people 18-20?

The services covered under Early and Periodic Screening, Diagnostic and Treatment (EPSDT) are in effect for people up to age 21, and then the adult benefits kick in.

Medicaid covers fillings, crowns, and gum disease care, but what about cleanings and exams?

The Medicaid program covers fillings, crowns, and gum disease care, and the managed care organizations (Aetna, Sunflower, and United) cover up to \$500 annually for cleanings, exams, and X-rays.

Are dentures covered?

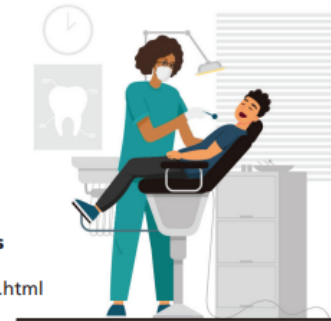
Yes! Starting in July 2023, dentures, partials, and adjustments are covered. Adults must meet some medically necessary criteria to qualify, including having X-rays. Dentures can be replaced every five years, and people who had dentures before being covered by Medicaid can have them replaced if the dentures are at least five years old.




MEDICAID (KANCARE) ENROLLED ADULTS IN KANSAS ELIGIBLE FOR DENTAL BENEFITS

The following services are available:

- Examinations*
- X-rays*
- Cleanings*
- Fillings
- Crowns
- Gum related treatments
- Medically necessary extractions
- Dentures and Partials



How to find a dentist accepting adults enrolled in Medicaid?

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

List of safety-net clinics

 Visit <http://www.oralhealthkansas.org/SafetyNet.html>
 <https://www.communitycareks.org/information-for-consumers/find-a-clinic/>

Non-emergency medical transportation is available for dental appointments

Call your insurance provider three days prior to the appointment and make a reservation for transportation.

Have the following information when scheduling the appointment:

- Name of the doctor
- Address
- Telephone number
- Time of appointment
- Type of transportation needed
(e.g., regular car, wheelchair-accessible van)

*Insurance providers like Aetna Better Health of Kansas, Sunflower Health Plan, and United Healthcare will cover those services through value-added benefits.

Coming Soon?????



Coverage for "practice" visits

Enhanced rates for extra training

Mentorship programs for dental providers

Improved care coordination

Mandatory sedation provider lists

More OHK Resources

My Dental Care Passport

Tips and Tricks for Passport Users and their Families and Caregivers

WHAT?

My Dental Care Passport is unique to you. It allows you to tell the dental team about yourself and your needs before you enter the office. The Passport will give you prompts on topics like how you communicate, past visits to the dentist, likes and dislikes and how you move.

WHO?

Created for people with Intellectual and Developmental disabilities, the Passport can be used by both children and adults who face challenges when visiting the dentist. The Passport asks about experiences in the past and how you feel now, so you may find it helpful to have a family member or caregiver help you when you are filling it out.

WHY?

It is critical you visit the dentist to make sure your teeth and mouth are healthy. If the dentist can get to know you better as a person, they can best prepare for your visit and work to make your trip to the dentist as successful as possible.



WHERE?
Available in English and Spanish at:
www.oralhealthkansas.org/DentalPassport.html

OR

Scan the QR code

My Dental Care Passport WHEN?

Your Passport is most useful when you complete and send it to the dental office BEFORE the day of your appointment. You should discuss with your office how they would like to receive your Passport e.g. by e-mail, by mail. This gives the dental team time to learn about you, make any necessary adjustments, and add the Passport to your records.

For users: This passport is unique to you. Please fill out all information that you think is important.
For my dentist or healthcare provider: This is key reading for all staff working with me. It gives important information about how I can be supported when visiting your clinic. This passport should be kept visible and used when you talk to me or have a question about me.

Please check the box that applies:
 I completed this form myself I completed this form with help from someone else

This form was completed with help from:
Name: _____
Phone: _____
E-mail: _____

ABOUT ME

My name is:
I like to be called: _____
Because I you have one.

I am: Male Female Transgender Male Transgender Female
 Variant/Non-conforming Not listed

My preferred pronoun is:
 He She They Ze Not listed No preference

Where I live right now: _____

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:

ORAL HEALTH KANSAS

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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

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

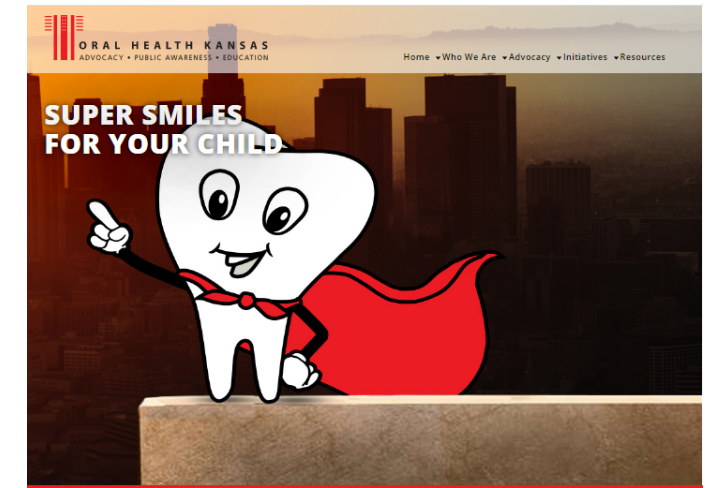
[English \(1:25\)](#)
[English \(2:39\)](#)
[Spanish \(1:25\)](#)
[Spanish \(1:25\)](#)

■ 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](#)



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!

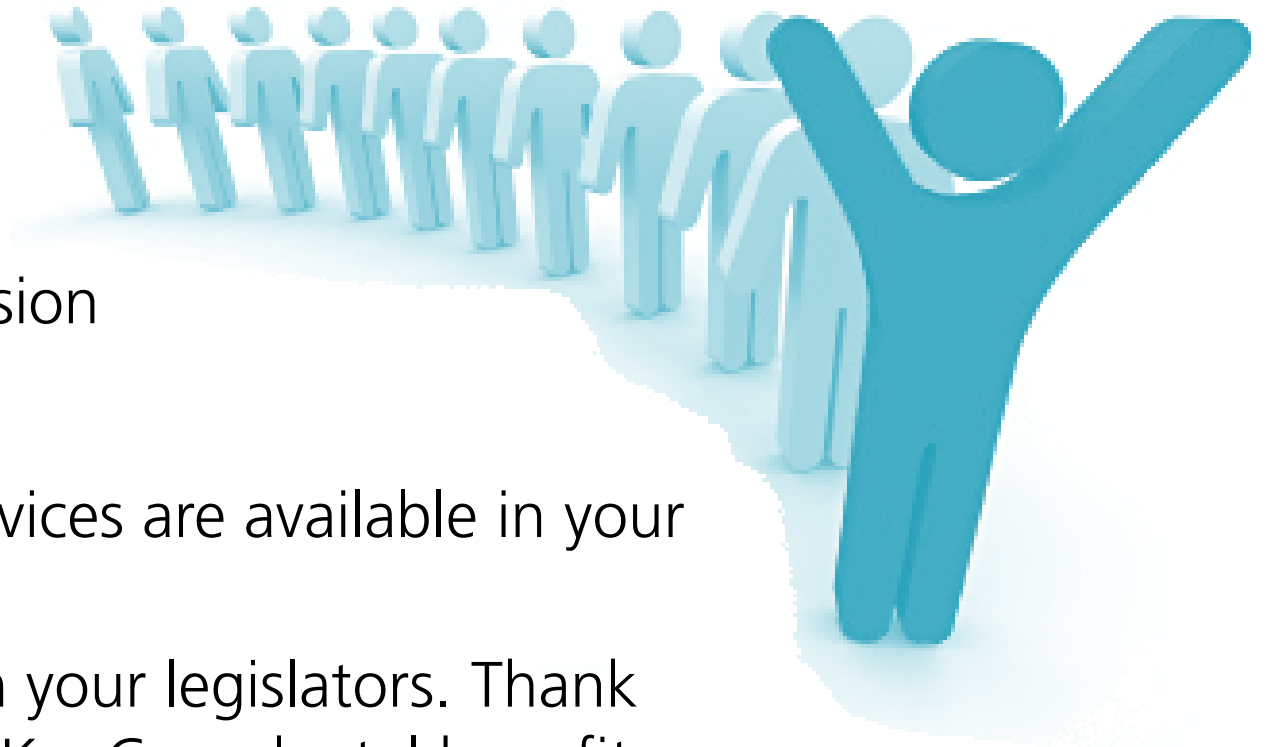


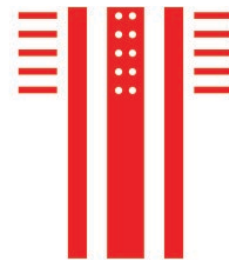
<http://oralhealthkansas.org/SuperSmiles.html>

Call to Action

HOW CAN YOU MAKE A DIFFERENCE?

- Make oral health a part of the discussion
- Address gaps in knowledge
- Find out what professional dental services are available in your area.
- Include oral health when visiting with your legislators. Thank them for the improvements made to KanCare dental benefits.





O R A L H E A L T H K A N S A S

712 S. Kansas, Suite 412

Topeka, KS 66603

khunt@oralhealthkansas.org

info@oralhealthkansas.org

www.oralhealthkansas.org