

# Oral Health Care Success

Now that you have completed each part of this program, it is time to combine all you have learned. You are ready to start improving the oral health of the person or people you support.

Remember, you are not alone. If you need more support, talk with the dental team of the person you support.



## Caregiver Responsibilities:



Identify the strengths and skills of the person you support.

Identify any [barriers](#) to good oral health.



[Establish daily mouth care routines](#) that include twice-daily toothbrushing with [fluoride toothpaste](#) and daily flossing.

Create a [Daily Mouth Care Action Plan](#) to promote the oral health goals.



[Perform some or all parts of the daily mouth sessions](#) for the person(s) you support.

Partner with the dental team to make [dental visits](#) successful.



Use [behavior supports](#) and [goal tracking](#) to improve daily mouth care sessions.

Use [safety strategies](#) to limit the spread of germs during daily mouth care.



Document and report [oral health concerns](#).

Respond appropriately to [oral health emergencies](#).

# Motivational Interviewing: Oral Health Care Success

## Better Conversations, Better Oral Health

Use these motivational interviewing (MI) strategies to talk about oral health with the person you support.



### MI Strategy for the Person You Support

Use open-ended questions to discover oral health goals for the person you support.

#### Example:

“What would you change about your mouth?”

“What do you wish was easier about brushing your teeth?”



### Adapting MI Strategies

Remember to use short, simple sentences.



### MI Strategy for Guardian or Family Member

Use summaries to transition from identifying a problem to creating an action plan.

#### Example:

“Let me see if I understand so far. You aren’t opposed to [person you support] going to the dentist, but you are overwhelmed trying to find one that accepts patients with disabilities. And you feel like there’s a lot of pressure on you to make the appointment successful. That is stressful for you too. But since we talked about ways we can help you and [person you support], you’re feeling more optimistic. Is there anything you want to add?”

## Next Steps

These are additional resources that will help you and the person you support keep thinking about this topic after your conversation is over:

- [Why I Clean My Teeth Handout](#)
- [Daily Mouth Care Action Plan](#)
- [Putting it All Together Video](#)

