

# ACCESS FOR ALL SMILES

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# Definitions

Below is a list of terms that will be helpful for you to know as you move through this program.

**The ABC Model** – A way to prevent behavioral problems by predicting an unwanted behavior and working to make changes before it happens.

**Abscess** – A pocket of bacteria with infection located in the gums.

**Cavities** – Also called dental decay or caries. This is a hole in a tooth after bacteria has caused the enamel to decay.

**Daily mouth care session** – Any oral health care that happens in one sitting on a daily basis.

**Daily mouth care plan** – A plan that details oral health goals for a person and the steps that are needed to reach those goals.

**Dental disease** – A variety of conditions that can affect parts of the mouth, often caused by poor oral hygiene. Includes (but is not limited to) cavities, gum disease, oral cancer and abscess.

**Dental health** – This can mean that the teeth, gums and other parts of the mouth are healthy. It can also mean the actions you take to keep your teeth healthy. See also “Oral health.”

**Dentures** – A removable appliance that holds one or more artificial teeth.

**Desensitization** – A way to change a person’s behavior by breaking a large task into small parts and letting a person get used to each small part.

**Dry mouth** – This is when a person’s mouth is almost always dry, even when they have had plenty of water. Many times, it happens because of a medication or medical condition.

**Flossing** – Cleaning between teeth to remove plaque and food. Floss string may be used. In some cases, special picks or brushes designed to go between the teeth can be helpful.

**Fluoride** – A mineral that makes teeth stronger when added through water, fluoridated toothpaste, or a fluoride treatment from the dentist.

**Gum disease** – Also called periodontitis. An infection in the gums that can cause redness, swelling, bleeding and even tooth loss.

**Modified tools** – Dental cleaning tools that have been changed to make them easier to use. Modifications are often needed for people who have limited dexterity in their hands.

**Nutrition** – Food and drinks that give your body the nutrients it needs to survive.

**Oral health** – This can mean that the mouth is healthy. It can also mean the actions you take to keep your mouth healthy. See also “Dental health.”

**Periodontitis** – Also called gum disease. An infection in the gums that can cause redness, swelling, bleeding and even tooth loss.

**Plaque** – A sticky substance that builds up on your teeth throughout the day. It has bacteria, saliva and residue from food and drink.

**Reinforcement** – A way to change a person’s behavior by giving a positive reward (positive reinforcement) or taking away a negative experience (negative reinforcement) after the person does a desired behavior.

**Shaping** – Also called phasing. A way to change a person’s behavior by breaking a large task into small parts and rewarding the person after they do a part of the task.

**Standard Precautions** – Treating all bodily fluids as if they could carry infection. When brushing a person’s teeth, you could touch their saliva or blood. Use caution as if they could infect you.

**Toothbrushing techniques** – A variety of ways to brush your teeth.

- **Bass** – Holding the toothbrush at a 45° angle to the teeth and gums, brushing in circles.
- **Modified Bass** – Brushing in circles, like the Bass technique, but adding a swiping motion from the gums toward the chewing surface of the teeth.
- **Fones** – Brushing in circles, like the Bass technique, but without holding the toothbrush at a particular angle. This technique is preferred for people with limited use of their hands.

# Task Breakdown

Each task in daily mouth care can be broken down into a series of small steps. This process is part of desensitization and shaping. The following is an example of how to break down the task of brushing teeth.



## Toothbrushing Steps

1. Gather supplies (toothbrush, fluoride toothpaste).
2. Pick up toothbrush.
3. Move to sink.\*
4. Turn on water.
5. Wet toothbrush to soften toothpaste.
6. Turn off water.
7. Pick up toothpaste.
8. Open the toothpaste lid.
9. Squeeze toothpaste onto toothbrush.
10. Close the toothpaste lid.
11. Put toothpaste tube away.
12. Place toothbrush against teeth.
13. Position bristles half on teeth and half on gums.
14. Gently brush in small circular motions for 2 minutes.
15. Brush all sides of all the teeth.
16. Spit out toothpaste and saliva.
17. Turn on water.
18. Rinse the toothbrush.
19. Put away toothbrush.



Be sure you have appropriate expectations for the person you support. You may need to break a task down into even smaller steps.

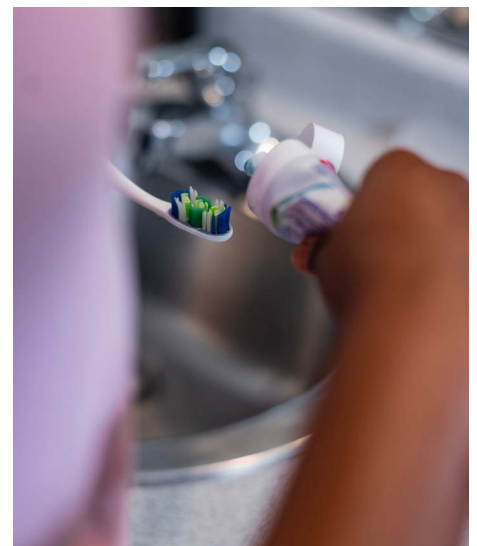
Gently introduce each step and give the person you support time to build skills at their own pace. Consider incentives to encourage success.

\*Daily mouth care can happen outside of the bathroom if needed, but this example is for a person who is working to brush their teeth in a traditional bathroom setting.

## Recommended Video



- [Desensitization & Shaping](#)



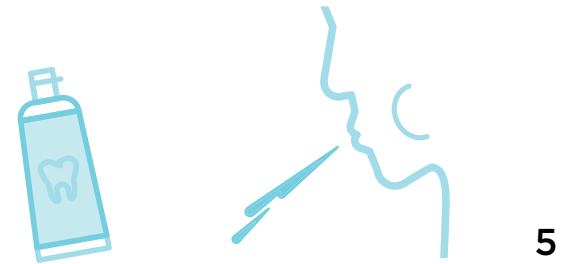
# Steps to Cleaning Teeth



First, I get the supplies. I need my toothbrush, toothpaste and floss.



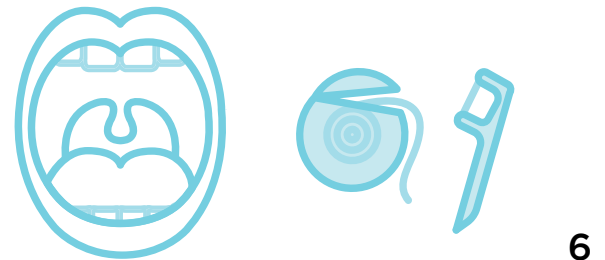
I spit out the toothpaste.



I wet my toothbrush and then put toothpaste on.

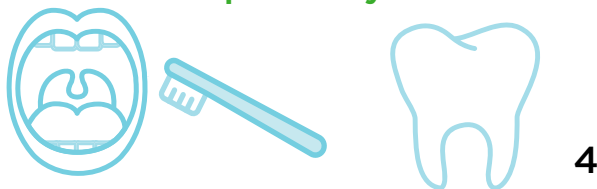


Next, I floss between my teeth.

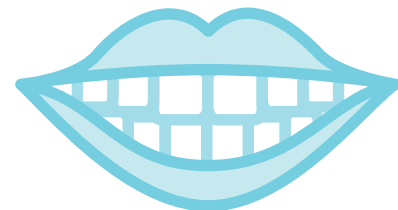


I brush:

- the front of my teeth
- the back of my teeth
- the tops of my teeth



Last, I put away the supplies. I did a great job cleaning my teeth!



## Recommended Video



- [Daily Care Basics](#)

**Instructions:** Cut along dotted lines. Stack pages in order with page 1 on the top. Staple on left side to create a book.

A5

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# Weekly Menu Plan

Take steps toward your nutrition goals. Use this menu to plan a week of nutrient-dense meals.



Week of: \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## Recommended Video:



- [Decay & Nutrition](#)

# Weekly Menu Plan

Take steps toward your nutrition goals. Use this menu to plan a week of nutrient-dense meals.



Week of: June 13-19

	Breakfast	Lunch	Dinner	Snacks
<b>Monday</b>	Oatmeal with fresh fruit	Spinach salad with apple slices, nuts, cheese and light dressing	Whole grain pasta with tomato sauce and turkey meatballs	Vegetables and hummus
<b>Tuesday</b>	Whole grain toast with peanut butter	Lean chicken, vegetables and hummus wrap	Baked sweet potato topped with chili Greek yogurt with fresh fruit	Apples with peanut butter
<b>Wednesday</b>	Oatmeal with fresh fruit	Spinach salad with apple slices, nuts, cheese and light dressing	Whole grain pasta with tomato sauce and turkey meatballs	Vegetables and hummus
<b>Thursday</b>	Whole grain toast with peanut butter	Lean chicken, vegetables and hummus wrap	Baked sweet potato topped with chili Greek yogurt with fresh fruit	Apples with peanut butter
<b>Friday</b>	Oatmeal with fresh fruit	Spinach salad with apple slices, nuts, cheese and light dressing	Whole grain pasta with tomato sauce and turkey meatballs	Vegetables and hummus
<b>Saturday</b>	Greek yogurt, granola and fresh fruit	Lean chicken, vegetables and hummus wrap	Cauliflower crust pizza with vegetable toppings Breadsticks	Apples with peanut butter
<b>Sunday</b>	Scrambled eggs, whole grain toast and fresh fruit	Hearty chicken and vegetable soup	Baked sweet potato topped with chili Greek yogurt with fresh fruit	Vegetables and hummus

## Recommended Video:



- [Decay & Nutrition](#)

# Brushing & Flossing Tracker

Remember to brush your teeth twice a day with fluoride toothpaste and floss once a day. Use this chart to keep track of your healthy mouth care habits.

1. Check each sun icon when you brush in the morning.
2. Check each moon icon when you brush in the evening.
3. Check each floss icon when you floss.

Visit the dentist every six months, or sooner if you need to.

Check for changes in your mouth like bleeding, pain or swelling. Learn more about oral health issues in the Injuries & Safety section.



Month: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

## Recommended Videos



- [Daily Care Basics](#)
- [Offering Incentives](#)



# First Aid for Oral Health Emergencies

## Remember:

- Stay calm
- Wear gloves:
  - If blood is present.
  - If you need to touch the person's mouth, teeth or lips.

Dentist phone number: \_\_\_\_\_

Supervisor phone number: \_\_\_\_\_

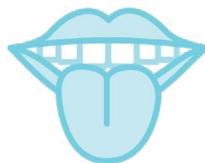
Nurse phone number: \_\_\_\_\_

<b>Broken tooth</b>	<ul style="list-style-type: none"> <li>• Gently clean dirt, debris or food from the injured area with warm water.</li> <li>• Place a cold compress on the face over the injured area.</li> <li>• Locate and save any broken tooth fragments if possible.</li> <li>• Contact supervisor or health professional.</li> </ul>
<b>Broken filling</b>	<ul style="list-style-type: none"> <li>• Contact supervisor or health professional.</li> </ul>
<b>Cut or bitten tongue, lip or cheek</b>	<ul style="list-style-type: none"> <li>• Clean area with a clean, wet cloth.</li> <li>• Apply pressure with cloth to stop the bleeding.</li> <li>• Apply ice to the swollen or bruised area. If bleeding non-stop after 15 minutes or with pressure, contact a supervisor or health professional.</li> </ul>
<b>Knocked out permanent tooth</b>	<ul style="list-style-type: none"> <li>• Find the tooth. Handle by the crown (top) of the tooth, not the root.</li> <li>• Rinse dirt and debris off the tooth with milk; do not scrub tooth. Put back in the gums, if possible.</li> <li>• Put the tooth into a cup of fresh milk. Do not put the tooth into tap water.</li> <li>• Contact a supervisor or health professional.</li> <li>• See a dentist within 60 minutes.</li> </ul>
<b>Toothache or abscess</b>	<ul style="list-style-type: none"> <li>• Rinse the mouth well with warm salt water to remove any food debris.</li> <li>• If the face is swollen, place a cold compress on the outside of the cheek.</li> <li>• Contact a supervisor or health professional.</li> </ul>
<b>Possible broken jaw</b>	<ul style="list-style-type: none"> <li>• Immediately call 911.</li> </ul>

## Recommended Video:



- [Injury & Safety](#)



A9

# Dental Visit Checklist

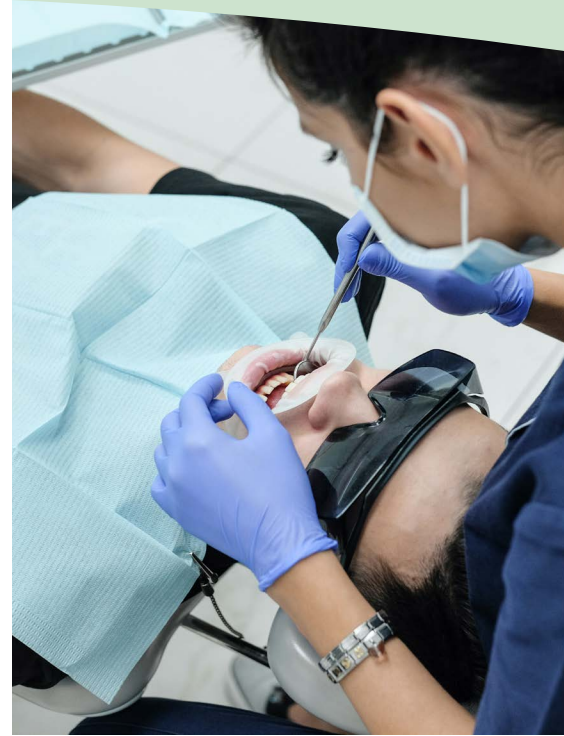
Dentist appointment date and time: \_\_\_\_\_

## One Week Before

- Confirm appointment with dental office.
- Remind person you support about the appointment.
- Write down any thoughts, questions or concerns for the dentist.

## One Day Before

- Call and talk to office administration about what to expect including:
  - Where the patient will wait after check-in.
  - Behavior plans.
  - What procedures and treatment will happen at the appointment.
  - Plan for scheduling the next appointment.
  - When and how to make payments.
- Review the schedule and procedures for the appointment with the person you support.
- Finalize notes about thoughts, questions or concerns for the dentist.
- Write down medications or any new medical information the dentist needs to know.



## The Day Of

- Pack:
  - Insurance information.
  - Daily mouth care action plan.
  - Any notes with information for the dentist.
  - Comfort items, fidgets, headphones or other items for appointment.
  - Incentive items, if using.
  - A sweatshirt for the person you support in case the office is cold.
- Review the plans for the appointment with the person you support.



## Recommended Videos:



- [Dental Visits](#)
- [Offering Incentives](#)

A10

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# Adaptations, Positions & Behavior Support

Use this form to track and analyze each position and/or adaptation the person you support uses during mouth care. Change to a blank sheet when the plans or goals change.

For more on adaptations and positions, see [Adaptations and Positions](#).



This plan is current as of: \_\_\_\_\_

Date & Initials of Caregiver	Position or Adaptation	Other Information	What Worked	What Did Not Work	What to Change Next Time
5/29/22, ANM EXAMPLE	Seated	Brought a stool into the bathroom	Could see all teeth to brush	Used a stool but needed more back support	Store folding chair in bathroom

## Recommended Videos



- [Adaptations & Positions](#)
- [Scenario: Lying Down](#)
- [Scenario: Seated](#)
- [Scenario: Reclined](#)

A11

# Daily Mouth Care Action Plan: Brainstorming Goals

The Daily Mouth Care Action Plan includes space to create and track goals related to nutrition, daily mouth care and dental visits. Here are ideas for goals related to these topics.



## Ideas for Daily Mouth Care Goals

- Transition into a daily mouth care session.
- Open mouth for mouth care.
- Tolerate having teeth or gums touched.
- Tolerate brushing.
- Tolerate flossing.
- Complete daily mouth care independently.
- Brush independently.
- Brush for two minutes.
- Floss independently.
- Brush two times a day.
- Floss once a day.
- Set out or clean up daily mouth care supplies independently.
- Complete denture care independently.
- Help with denture care.
- Use product adaptation.



## Ideas for Nutrition Goals

- Increase water intake.
- Decrease soda intake.
- Decrease alcohol intake.
- Increase nutrient-dense food intake.
- Reduce daily sugar intake.
- Healthy food swaps.
- Help with meal planning.
- Help with grocery shopping.
- Help with cooking.
- Don't eat after the second daily mouth care session.



## Ideas for Dental Visit Goals

- Meet with the dental team.
- Choose an accommodation (e.g., sunglasses, headphones or weighted blanket).
- Sit in an exam chair.
- Open mouth for the dental team.
- Tolerate having teeth examined.
- Tolerate full dental exam.
- Tolerate teeth cleaning.
- Tolerate partial teeth cleaning.
- Tolerate dental X-rays.
- Tolerate a specific dental procedure.



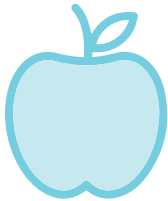
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# Why I Clean My Teeth



1

I need healthy teeth for biting and chewing my food.



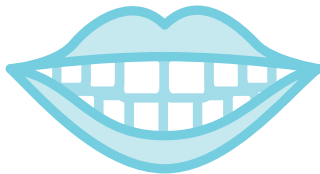
2

If I don't clean my teeth, they will get sore. I might get sick, and I won't be able to chew my food.



5

Healthy teeth help me smile. Then I can share my smile with other people.



3

I will brush my teeth two times a day and floss once a day.



6

Brushing and flossing my teeth every day keeps them healthy.



4

Draw a picture of your smile!

7

## Recommended Videos



- [Daily Care Basics](#)
- [Decay & Nutrition](#)

**Instructions:** Cut along dotted lines. Stack pages in order with page 1 on the top. Staple on left side to create a book.

A13

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