

Available October 1, 2005 ...

Smiles For Seniors, a free program created by the Ohio Dental Association



Funding provided (in part) by a grant from the ADA Foundation with generous support by GlaxoSmithKline

This program is intended to help maintain and/or improve the oral health of older adults living:

- Independently in home
- In assisted living or participating in adult day care
- In short-term rehabilitation care

This program will also serve the semi-dependent adult in need of partial or full assistance from a family member or other caregiver

Information in this program is also directed to:

- Caregivers
- Social and government agencies that serve older adults and/or caregiver populations
- Staff at facilities such as assisted living, adult day care, senior centers – any site/program that provides services, housing, care and resources for older adults
- Those caring for residents of long-term care facilities.

Assistance with daily oral hygiene is often needed for older adults with loss of strength, mobility or dexterity, or other functional loss



This program is **not** copyrighted and duplication of all materials, print, video, CD-ROM or PowerPoint (a simple "Train the Trainer" format) presentation, is encouraged and permitted.

Through duplication of the program, this important oral health information can be disseminated to Ohio's older adults and those who assist them.

Contact the ODA at (614) 486-2700 for additional information

The program will show how to:

- Create simple adaptive oral hygiene products to assist older adults who may have difficulty with mobility and grip
- Assist an older adult with daily mouth care
- Brush and floss the teeth of another person

It will also cover:

- What causes dental decay in an older adult
- Health conditions that can make oral hygiene difficult to do
- Common signs of dental disease
- Causes of dry mouth
- Symptoms of dry mouth and how to ease them
- Oral cancer
- Oral healthcare for the cancer patient
- Nutrition and oral health
- Wearing and caring for dentures
- Tobacco and tooth decay
- Resource materials
- And more

The link between good oral health and good overall health is strong. The U.S. Surgeon General and numerous health associations continue to spread the message that "oral health is essential to general health and well-being ..."