

Maine CITE welcomes you to today's webinar!

Oral Care and Disability: Helpful Tools and Strategies

Presented by: Amie M. Lloyd, RDH, MSDH,
Dental Hygiene Lecturer at UMA-Bangor,
And her students

The webinar will begin soon.



UNIVERSITY OF MAINE AT
AUGUSTA-BANGOR
Dental Health Programs

April 11, 2025



Serving all ages and all abilities!

Maine CITE and partners provide:

- Information and assistance
- Assistive technology training
- Device demonstrations
- Device short-term loans
- Device reuse

Partners include:

- Spurwink ALLTECH
- Pine Tree Society
- Gallant Therapy Services
- University of Maine
Farmington

Outline and Presenters

- **How oral health and disability effect each other**
 - Amie Lloyd
- **Locating a “special populations” oral care provider in Maine**
 - Jordan, Jason, Maryn, Emma
- **Adapted toothbrushes, flossers, and motivating gadgets**
 - Lila, Kiana, Xuan, Priscilla
- **Alternatives to toothbrushing**
 - Marissa L., Sarah, Ally, Hanna
- **Teaching tools for all types of learners**
 - Marissa A., Julia, Emily, Caroline
- **Sensory calming techniques for successful dental visits and oral care**
 - Grace, Sydney, Morgan, Lanie

The Relationship Between Oral Health and Disability

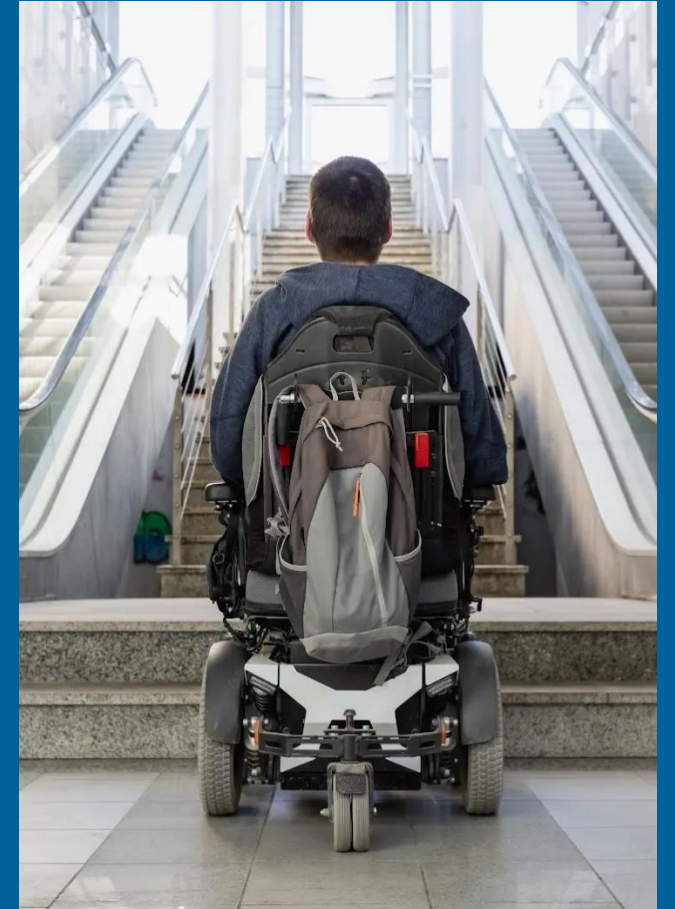
Understanding the Two-Way Impact for Inclusive Care

Why This Matters

- People with disabilities often face higher oral health risks.
- Poor oral health can worsen health, behavior and comfort.
- Caregivers and support teams play a key role in prevention.

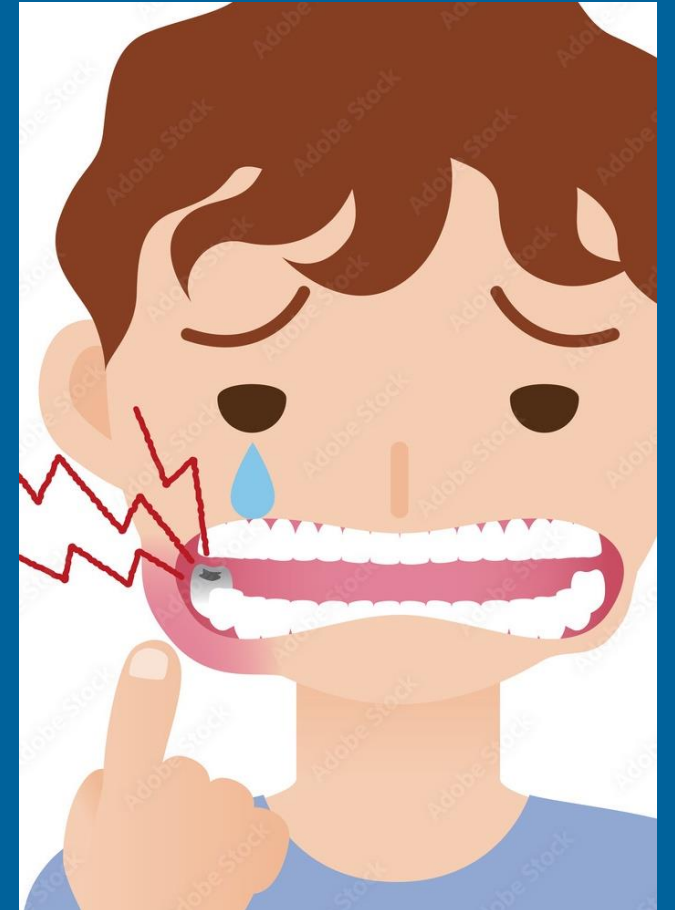
How Disability Affects Oral Health

- Limited ability to brush or floss independently
- Challenges in understanding or cooperating with care
- Medications can dry the mouth or affect gums
- Dietary habits may increase cavity risk
- Harder to get to dental appointments
- Fear or anxiety may make daily care difficult

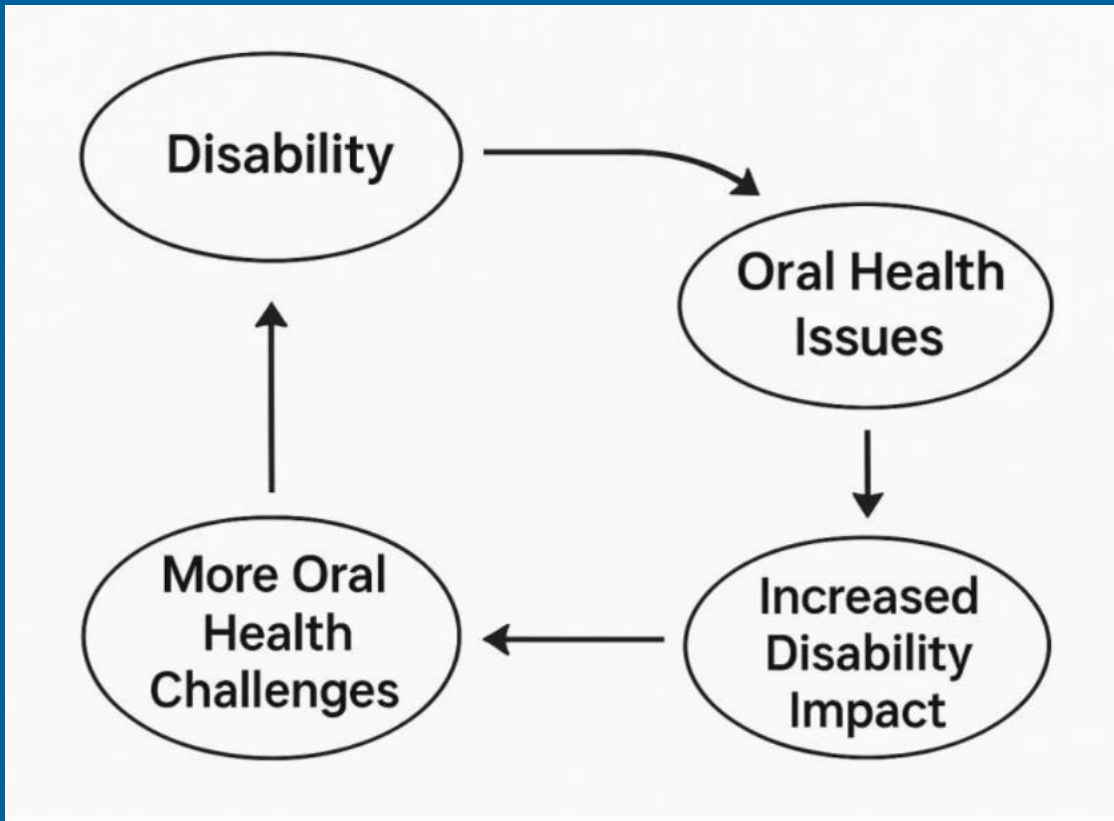


How Oral Health Affects Disability

- Pain can cause behavior changes or discomfort.
- Infections may make other health issues worse.
- May have trouble eating or speaking clearly.
- Lower confidence or difficulty socializing.
- Poor oral health lowers quality of life.



The Two-Way Impact: A Cycle



- Disability can increase risk for oral health problems
- Oral health problems can increase disability.
- Barriers build on each other without support

Common Challenges in Care

- Communication or behavioral needs
- Sensitivity to sounds, lights, or textures
- Anxiety during dental visits
- Lack of training or adaptive tools
- Transportation and access issues



Supportive Strategies for Everyone



- Use adapted toothbrushes or tools
- Explain steps with pictures or simple words
- Create a calm and familiar routine
- Break tasks into small, manageable steps
- Teach and support daily oral hygiene

Takeaways for Everyone

- Brush teeth twice a day with help if needed
- Use Adaptive tools like grips, floss holders, or electric toothbrushes
- Create a routine and stick to the same time each day
- Watch for signs of pain, swelling, or behavior changes
- Help schedule and attend regular dental checkups

Work together!

Locating a “Special Populations” Oral Care Provider in Maine

Services and
equipment to ask
about



Accessibility for Wheelchairs, Canes and Walkers

- Transfer boards
- Movable operatory chairs
- Head rests
- Pillows/support cushions
- Railings



Mobility Equipment

Reclining or Tilting Wheelchair



Transfer Board



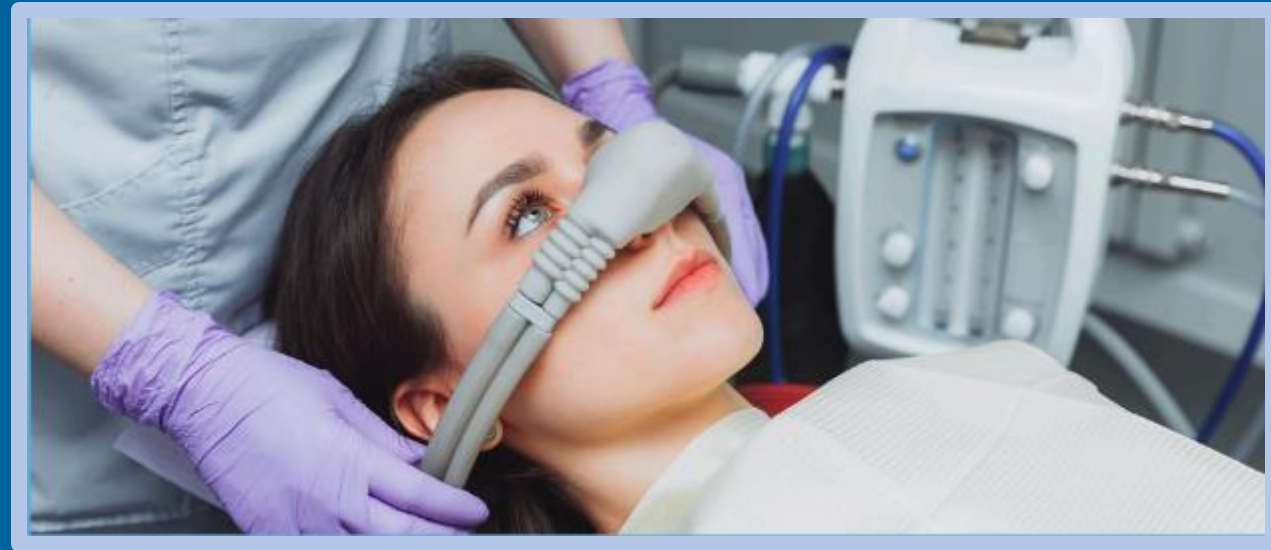
Mobility and Positioning



Operative Sedatives



- Oral conscious sedation
- Nitrous Oxide Gas
- IV Sedation – partner with an anesthesiologist or CRNA



Patient and Practitioner Safety



- Protective stabilization
- Body wraps
- Helmets
- Pictured: Rainbow Wraps attached to a papoose board



Accommodations for Neurodiversity

- Earplugs, headphones
- Tablets, TVs
- Music
- Nose plugs



For patients who are not able to travel:

- Portable x-ray machines
- Home visits
- Hospital and nursing home visits



Examination and Operative Aids



Set up an interview!



- Ask the office for an in-person interview with the dentist.
- Experience the environment before any treatment happens.

Accessible Oral Health Products: Adaptive Toothbrushes and Flossers that Motivate!

1. **AutoBrush** - official website and Amazon - \$50.00-\$100.00
2. **Flaus** – official website and Amazon - \$120.00
3. **HUM** – Colgate website and Amazon - \$35.00- \$45.00
4. **EazyHold** – EazyHold website, Walmart, Amazon - \$12.00-\$80.00

AutoBrush

- U-shaped
- Electric
- Cleans all teeth simultaneously
- Moves in all directions
- Used by children, people with disabilities, muscle weakness, paralysis, sensory disorders
- Efficient brushing experience!



Flaus



- Rechargeable electric flosser
- 18,000 sonic vibrations per minute
- Waterproof
- Ergonomic
- Keeps fingers out of your mouth
- Easier for many people than traditional flossing methods
- More effective

HUM

- Interactive kids toothbrush
- Smart technology – Bluetooth
- Syncs with an app
- Guided directions
- Fun games for good habits
- Built-in 2-minute timer
- Age 5 and up



EazyHold



- Silicone adaptive aid
- Prevents shifting and dropping of toothbrush
- Increases independence for people with arthritis, motor impairments, limited strength
- Different sizes for all ages and all toothbrushes
- Can be used for other tools

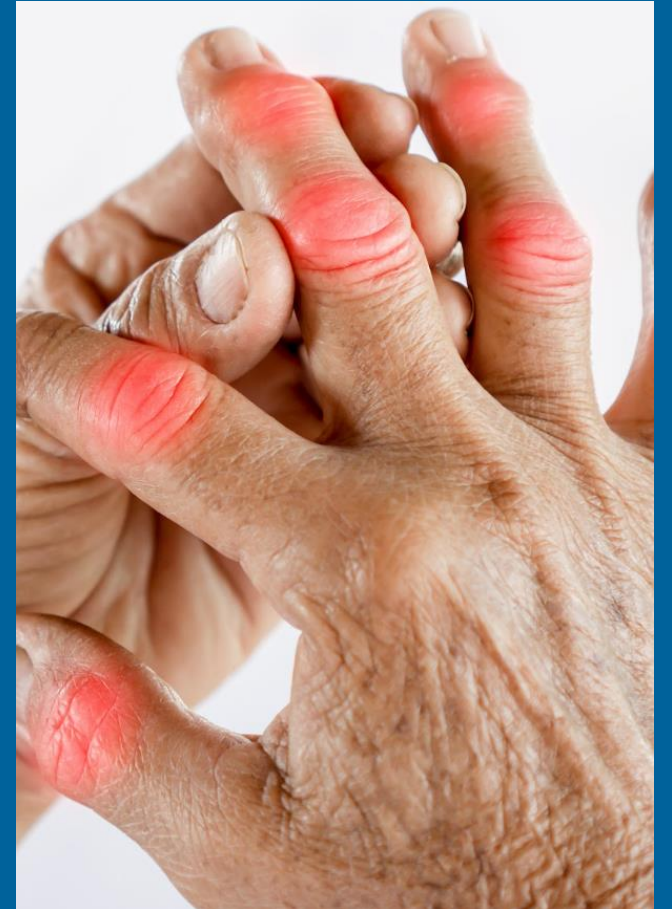
Tips for Success

- Use a pea-sized amount of toothpaste.
- With devices that vibrate, go slowly and gently.
- Keep devices fully charged for best performance.
- Replace brush heads and floss tips regularly (every 3 months).
- Rinse devices thoroughly after each use.

Alternatives to Toothbrushing

Who benefits?

- Limited dexterity or coordination
- Intellectual disabilities
- Brain injury, stroke
- Progressive conditions
- Oral trauma and oral cancer patients



Alternative Tools

- Cloth or paper towels
- Dental wipes
- Mouthwash
- Dental flossing
- Interdental Brushes
- Oral Irrigation
- Sonic brush



Alternative Tools: Cloth or Paper Towel

Directions: wrap a clean, damp washcloth around your finger and apply toothpaste. Gently scrub all surfaces of your teeth and rinse thoroughly.



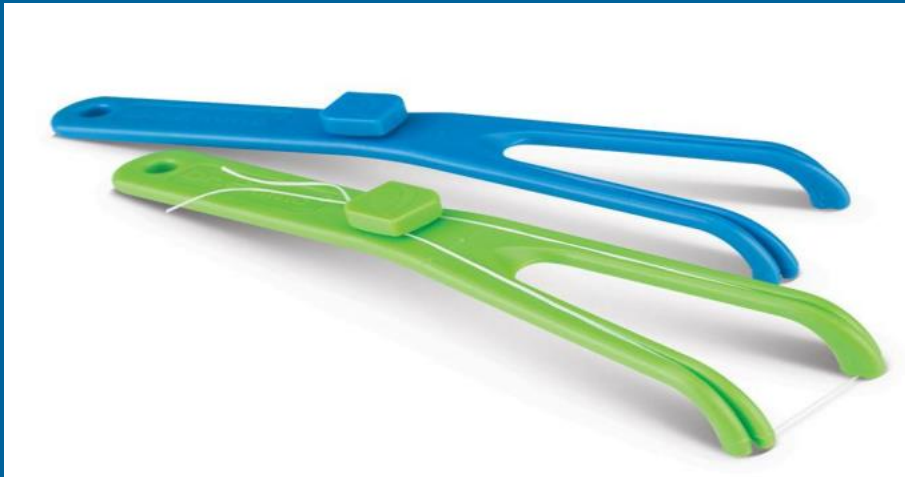
Mouthwash

- Swish in mouth 30-60 seconds, then spit into into the sink or a cup.
- Not for people who cannot spit, or will likely swallow.
- ADA Seal of Acceptance
- Important to read Active Ingredients
- Not a s effective as using a toothbrush to mechanically remove plaque.



Dental Floss

Dental floss holders are good if you have limited use of your hands.



Interdental Brushes

Good for those who have big spaces between their teeth, or have braces, bridges, implants.



Oral Irrigation

- Some attachments hook up to the shower
- ADA Seal of Acceptance
- Does not clean between contacts of teeth, but reaches 2-3mm under the gums



Sonic Brush

- Bristles are angled at 45 degrees
- Silicone bristles wrap around each tooth
- Stimulates gums, which helps with circulation
- 48,000 vibrations per minute



Practical Tips

Eat fibrous and hard foods that help scrub your teeth and massage your gums as you chew. Avoid those with sugar or fermentable carbs.



Rinse Your Mouth with Water

- Helps remove food debris and plaque
- Neutralizes the pH level in your mouth, which helps prevent cavities

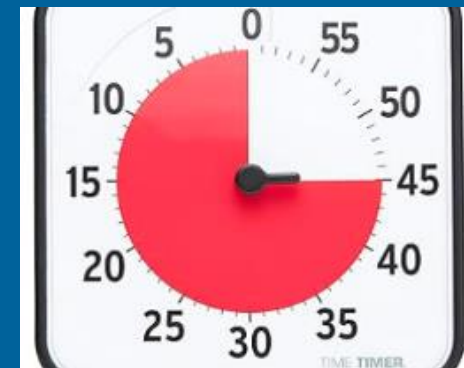


Sugar-free Gum with Xylitol

- Helps prevent tooth decay
- Stimulates saliva production
- Neutralizes pH levels
- Prevents cavity-causing bacteria
- 5 Sugar Free Gum
- Bazooka Sugar Free Bubble Gum
- Eclipse Sugar Free
- Extra Sugar Free
- Ice breakers Ice Cubes
- Orbit Sugarfree
- Trident Sugarfree

Patterns and Routines

- Step 1: Floss
 - Step 2: Brush
 - Step 3: Tongue Scraping
 - Step 4: Mouthrinse
- Once in the morning and once before bed
 - Set timer for 2 minutes
 - Keep a to-go kit with floss picks, toothpicks, and interdental brushes if your normal routine is off.



Teaching Tools for All Types of Learners

- **Tell:** The hygienist instructs the patient in proper home care: brushing, flossing, rinsing, etc.
- **Show:** The hygienist demonstrates technique by showing visual aids to the patient and caregiver.
- **Do:** The patient demonstrates the home care technique to show they understand.

Dental Models

Colgate Typodont Model



Evotech Dental Teeth Care Model



Disclosing Agents

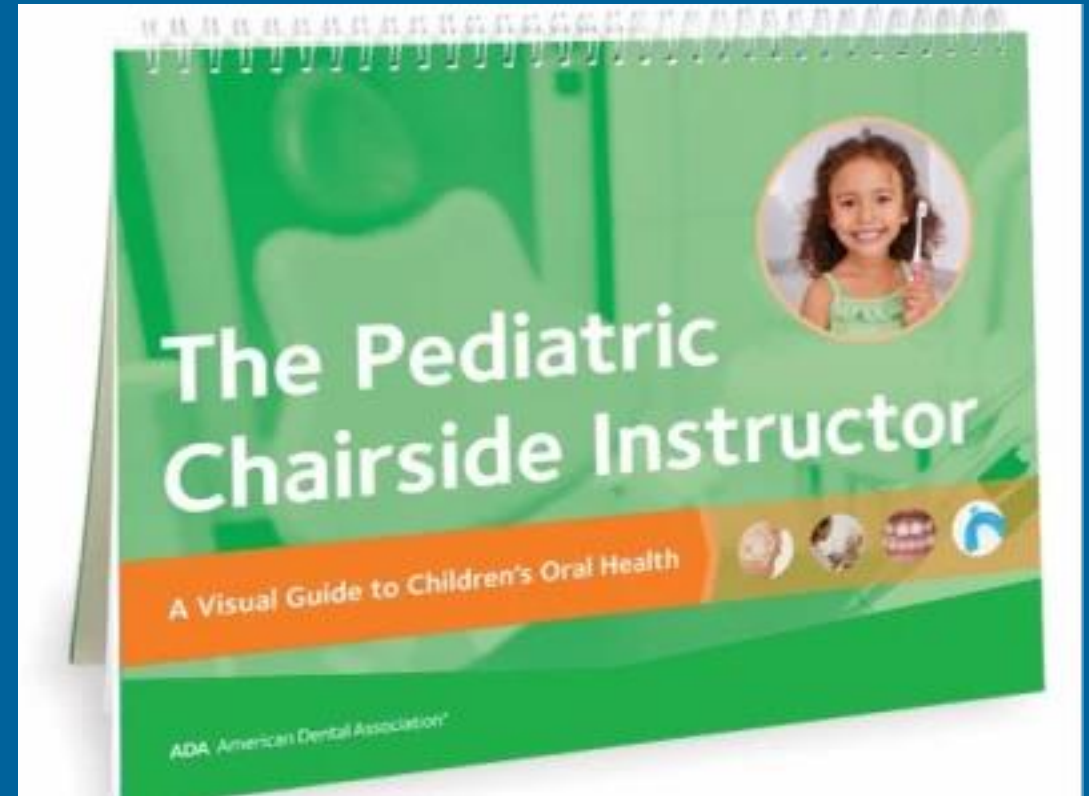
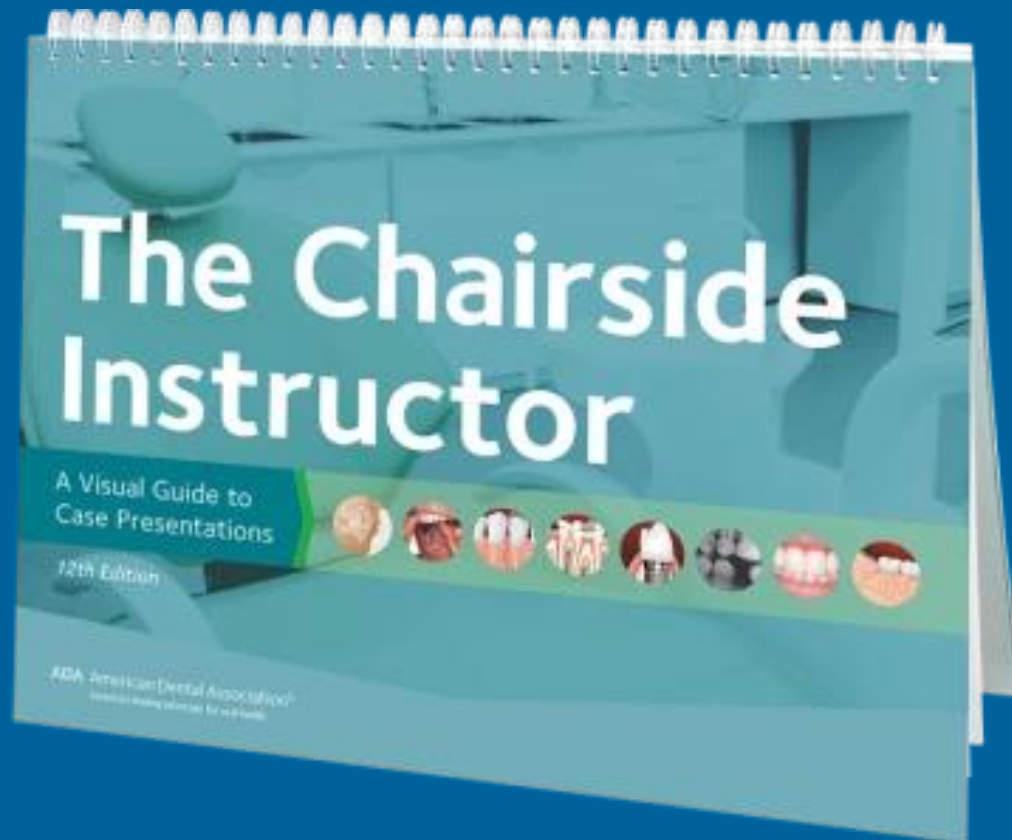
Gels



Tablets























































ADA Chairside Instruction Books



April 2025





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> APRIL FOOL'S DAY	2  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> CHILDREN'S BOOK DAY	3  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	4  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	5  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>
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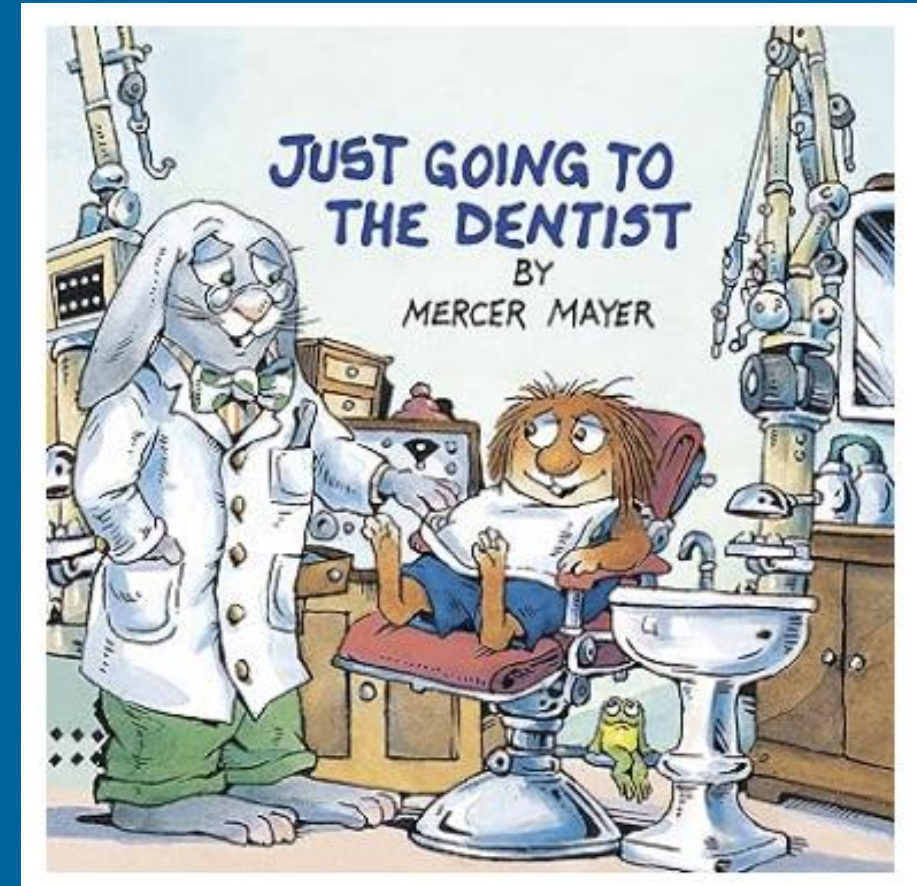
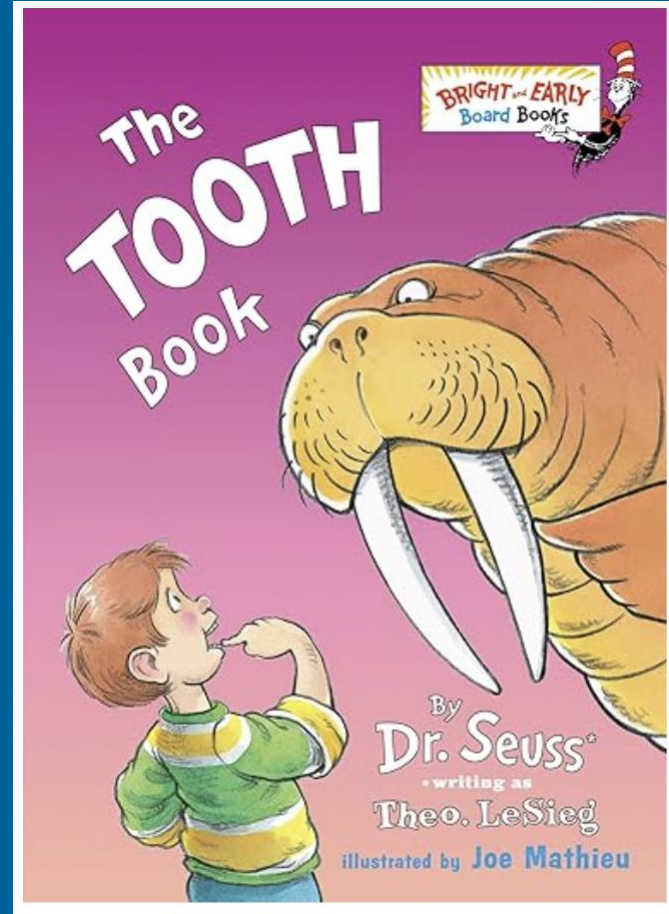
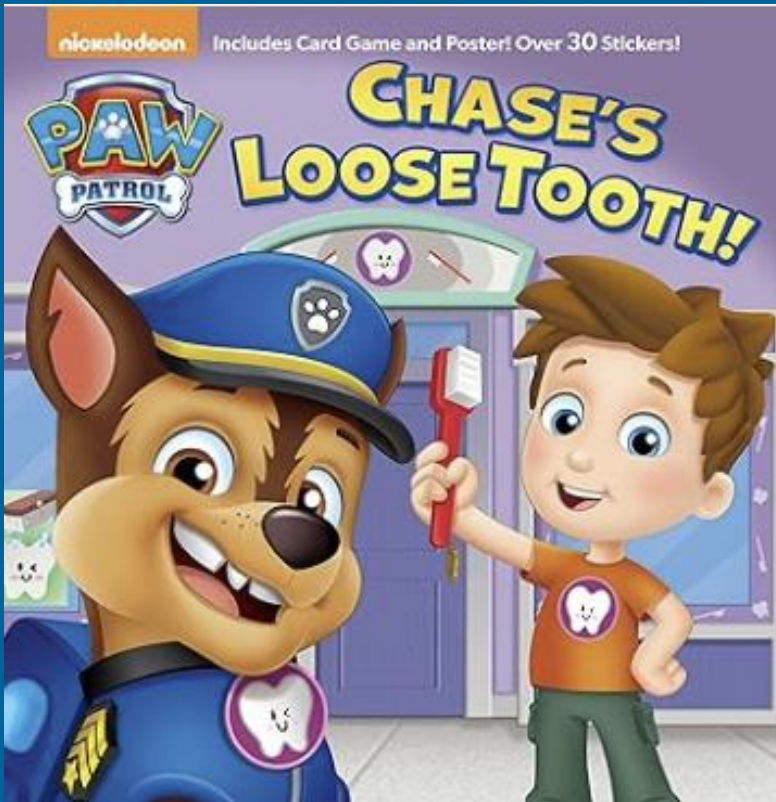
Check off a box each time you brush or clean between your teeth.
Make it a habit for a great smile!

mouthhealthy | ADA.

ADA Oral Hygiene Log

11		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	

Oral Health Engagement



Sensory Calming Techniques for Successful Dental Visits



Sensory Tools for Anxiety



Ways clinicians can help prevent dental anxiety



- Tone of voice
- Body language
- Comforting environment
- Create a judgment-free zone
- Minimize anxiety triggers

In-Office Sensory Tools



More AT Devices



Thank you!



Reach out! We are here to help!



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