

My Mouthcare Workbook v1.0



Name

Completed by

Date

Review date

Insert
Photo

1. This workbook makes a mouthcare plan
2. Find resources at www.brushmyteeth.ie
3. Follow steps on each page to make a plan



About this workbook

This workbook has six steps



Prepare My Mouthcare Plan

Step
1



Check my mouth

Step
2



Pick my mouthcare goals

Step
3



Make your mouthcare plan

Step
4



Think about your dentist and diet

Step
5



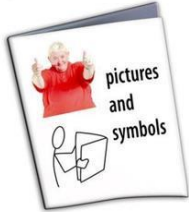
Follow your mouthcare plan

Step
6

Step

1

Prepare for your mouth care plan



Use words, drawings, photos, symbols or stickers in the workbook to make your plan.



You can complete this plan on your own. You can ask for help if you need to.



Choose a place to complete your plan.



First, read through your workbook. You can look at the back for help.



Scan the QR codes to look at videos at each stage.



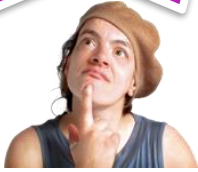
Remember this is your information so you can decide who to share it with.

Step 2



Check my mouth

TIP: A mirror and light can help you check



Are there any problems in your mouth?



Next, check your mouth. You may need help from another person or a mirror to do this.



You can look in the toolkit or scan the code to watch a video here to help. Don't forget the stickers!



What I want to keep healthy in my mouth?



What I want to fix in my mouth?

Step

3

Pick my mouthcare goal

TIP: Goals are based on what you found in Step 2



My goals are what I want to achieve in my mouth.



Pick your goals using the toolkit

GOAL 1

Example: Healthy gums

GOAL 2

Example: No more rotten teeth

GOAL 3

Example: Pain Free

Any other personal goals you want to list

Step 4



My action plan

TIP: You can put this page on your wall if you want

What do I use to clean my teeth?

Brush

Paste

Floss

Other

When and where do I clean my mouth?.

How often

How long

Who I brush with

The support I need for mouthcare

e.g. Play music

e.g. Hand on hand

e.g. Take turns

Mouthcare tips for me

- My brushing should match video(s) number _____
- If needed, gently hold out my cheek using a hooked finger
- Brush where teeth meet the gum. If gums bleed – that's OK
- Make sure all teeth are cleaned comfortably and thoroughly
- Spit out toothpaste afterwards, but no rinsing

Scan to
watch



Step

5

Other things for my mouthcare plan



What changes I can make with food and drink choices. Look at the toolkit for healthy ideas.

Sugary food

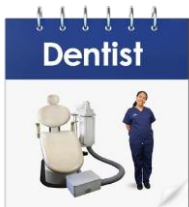
Sugary drink

Other

TIP: Avoid sugary drinks and food between meals



Other important things about my mouthcare



Dentist

Important things about my dental visits



Dentist

When was my last dental visit and when is my next dental visit?

Last visit:

Next visit:

Step

6

Follow my mouthcare plan

TIP: Now it is time for action



Make sure and think about how you will follow your plan. Who do you need to share it with? Who will help you achieve your mouthcare goals?



Who do I talk to, to make sure my plan is followed?

Who is responsible for my plan?

How do I know if the plan is working?

Outcome 1

E.g.-Healthy Gums

Outcome2

E.g. No more rotten teeth



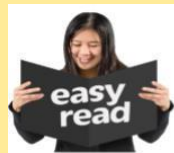
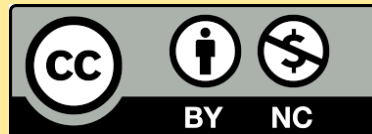
When will my plan be reviewed?



Keep My Teeth

My Mouthcare Workbook v1.0

End of mouthcare plan
Share the plan with the right people
Store in the right place
Review at the right time



The Keep My Teeth Mouthcare Plan is part of the **Keep My Teeth** project. This is a cross-discipline initiative led by Trinity College Dublin, Dublin Dental University Hospital and the National Federation of Voluntary Service Providers in collaboration with disability services and people with disabilities in Ireland. You can find more resources here

www.brushmyteeth.ie



Please give us feedback following this QR code

