



GOOD ORAL HEALTH IS ESSENTIAL TO HEALTHY AGING

As a nation, we are aging. We have unique oral health needs as we age due to many factors. Dry mouth from medications, chronic illnesses, and the results of years of wear and tear on our teeth are just a few. For those who have dementia or cannot care for their own teeth, the needs can be even greater.

Poor oral health has a negative impact on overall health. If we fail to get routine care, it can lead to health risks and costly emergency room visits. It can also affect dignity and quality of life.

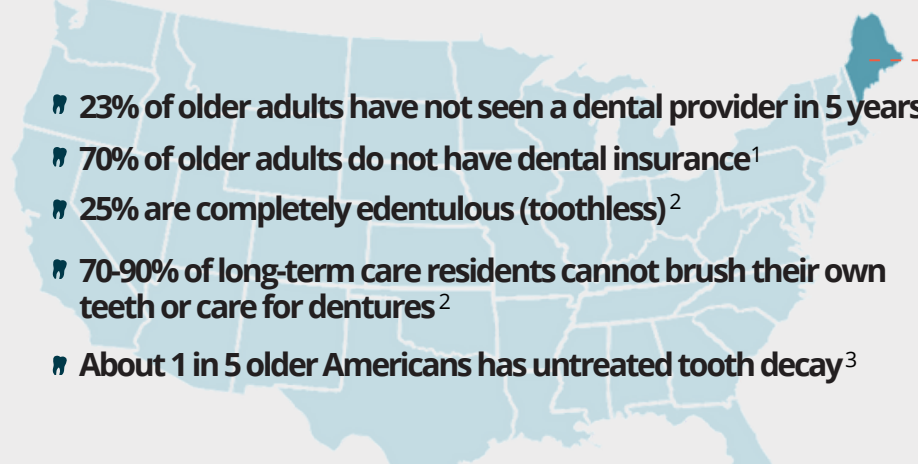
MYTH

Tooth decay and the problems related to decay are a normal part of aging.

FACT

Good oral health can be maintained as we age. Lunder-Dineen and our team of invested partners believe that oral health problems can and should be prevented.

ACROSS THE UNITED STATES



The goals of the MOTIVATE at Home program are to address the oral health care needs of older adults by educating their care partners and preserving their dignity, quality of life, overall health, and well-being



MOTIVATE at Home provides education in multiple formats to enhance learning. It includes online videos, podcasts, and opportunity for virtual learning sessions with a dental expert. This expands the oral health knowledge, skills, and practice for care partners and all members of the interprofessional health care team.

Each member of the interprofessional team has a role in ensuring good oral care is provided:

- Care Partner | Physician | Pharmacist
- Nurse | Social Worker | Physical Therapist
- Speech Language Pathologist | Dietitian
- Occupational Therapist | Nursing Assistant
- Respiratory Therapist



DID YOU KNOW?

Maintaining good oral health among older adults improves their overall health. It reduces infections and the problems they cause.

Daily oral care keeps teeth and gums healthy. It can also prevent more costly interventions for problems, such as infections and pneumonia, that are connected to poor oral health care.

Target Audience
Care partners of older adults living at home.

Vision
Leaders in supporting patient and family care, optimizing aging through interprofessional oral health education and practice.

Why Now for MOTIVATE at Home in Maine

- Maine is the oldest state in the nation.⁴
- There is a statewide call-to-action in regards to oral health awareness.
- In 2008 (the latest year for which data are available), only 53% of adults in Maine had dental insurance.⁵
- Among all Maine adults, 8% had lost all of their permanent teeth; among adults 65 years and older, 21% had lost all of their permanent teeth.⁵
- For every dollar spent on preventative oral care, \$8 to \$50 is saved in restorative and emergency care.⁶
- Educating care partners is an opportunity to model good oral health care for Maine's aging population. This preserves their dignity and quality of life.
- MOTIVATE at Home provides the education for care partners and the inter professional team to deliver that care.

Learn More - See the statewide team of stakeholders who are helping develop MOTIVATE at Home. Visit lunderdineen.org/program/motivate-at-home

References

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- Maine Oral Health Improvement Plan, November 2007

