**MOTIVATE** provides education in multiple formats to enhance learning. It includes online modules and in-person teaching sessions. This expands the oral health knowledge, skills, and practice for health care teams in long-term care settings.

**Good Oral Health is Essential to Healthy Aging**

**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.

The goals of the MOTIVATE program are to address the oral health care needs of older adults residing in long-term care settings and to help to preserve their dignity, quality of life, and overall health and well-being.

**ACROSS THE UNITED STATES**

- 23% of older adults have not seen a dental provider in 5 years
- 70% of older adults do not have dental insurance
- 25% are completely edentulous (toothless)
- 70–90% of long-term care residents cannot brush their own teeth or care for dentures
- About 1 in 5 older Americans has untreated tooth decay

**DID YOU KNOW?**

- Maintaining good oral health among long-term care residents improves their overall health by reducing infections and the problems that they cause.
- Daily oral care keeps teeth and gums healthy and can prevent more costly interventions for problems such as infections and pneumonia that are connected with neglected oral health care.

**TARGET AUDIENCE**

All members of interprofessional health care teams in long-term care settings.

**VISION**

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

**WHY NOW FOR MOTIVATE IN MAINE**

- Maine is the oldest state in the nation.
- 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.
- 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.
- For every dollar spent on preventative oral care, $8 to $50 is saved in restorative and emergency care.
- Long-term care settings are an opportunity to model good oral health care for Maine’s aging population. This preserves their dignity and quality of life.

**REFERENCES**

1. Oral Health In Long-Term and Palliative Care Settings, Oral Health Nursing Education and Practice, 2015
2. Seniors for Life Curriculum
5. Oral Health in Maine, Maine Center For Disease Control and Prevention, 2013

**LEARN MORE** – See the statewide team of stakeholders who are helping develop MOTIVATE. Visit lunderdineen.org/oral-health.