

Feeling Good About Your Smile



Feeling Good About Your Smile is a 90-minute hands-on workshop for improving oral health designed for people with intellectual/developmental disabilities and their direct support worker/caregiver/personal assistants/attendants (PAS), etc.

A registered dental hygienist will lead fun activities to teach participants about:

- cavity-causing bacteria and how to remove it
- how to choose tooth-healthy foods and snacks
- habits that cause cavities and the best ways to prevent them

WHO: The workshop is limited to 10 individuals and their personal assistants (direct support worker, caregiver, etc. whomever works with the consumer on independent living and could be someone who would reinforce the oral health behaviors learned in the workshop after it is completed), so 20 total. We have found that having these individuals participate in the workshop with consumers is crucial to the outcome of improving oral health for people with intellectual disabilities.

Location: The workshop works best with participants sitting at a table with adequate space for the activities. If your agency does not have space we can work with you to find an accessible location.

Workshop Set Up: The participants need to be sitting at tables with adequate space for the activities. A table is need for the hygienist to set up demonstration materials. A projector would be nice but not necessary.

There is no cost to the agency or participants. All supplies are provided for the workshop. A paper pre/post test is given to each participant and each participant is given a toothbrush, toothpaste, and mirror cling to promote good oral health practices.

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