



## My mouthcare plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

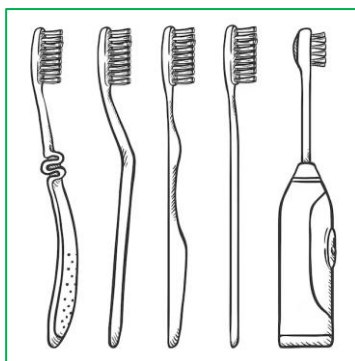
Instructor: \_\_\_\_\_

Step

0

## Brushing My Teeth

What type of Toothbrush are you going to use?



How much help do you want?

---

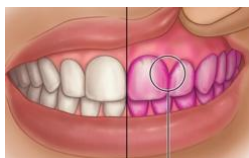


Scan the QR code find the right video

---



Now brush your teeth the same way



If you want you can use disclosing tablets

# 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](http://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



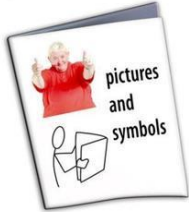
Follow your mouthcare plan

Step  
6

# Step

# 1

## Prepare for your mouth care plan



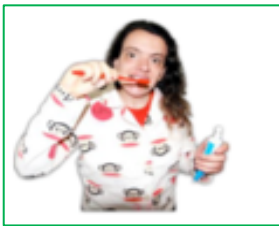
Use words, drawings, photos, symbols or stickers in the workbook to make your plan.



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.



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

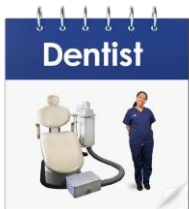
TIP: Avoid sugary drinks and food between meals



Other important things about my mouthcare

---

---



Important things about my dental visits

---

---



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?

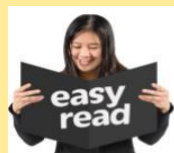
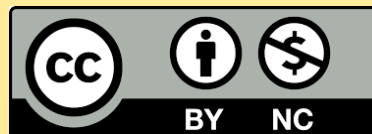
\_\_\_\_\_



# 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](http://www.brushmyteeth.ie)



Please give us feedback following this QR code





# KEEP MY TEETH

Thank you for making your mouthcare plan and practicing your brushing



National Federation of  
Voluntary Service Providers  
*Supporting people with intellectual disability (CLG)*



Trinity  
College  
Dublin

The University of Dublin