ads *Aging and Disability Services*
Area Agency on Aging for Seattle and King County

Improving Oral Health and Health Care Outcomes for Older Adults

Presentation to Oral Health Symposium

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Agenda

☐ Overview of Area Agencies on Aging

☐ Importance of Oral Health for Older Adults

☐ Messaging and Tools for staff and AAA Partners

Area Agency on Aging (AAA)

- Advocate, Plan, Coordinate Comprehensive Service Delivery System for Older Adults
- Administer Home & Community Based Medicaid Case Management Program:
  - Adults 18+
  - Eligibility based on Income and ADL/IADL needs

Why Focus on Oral Health?

Without Oral Care and Treatment, Older Adults are at Risk for:

- ☐ Tooth Decay
- ☐ Gum Disease
- ☐ Dry Mouth
- ☐ Poor Nutrition

- ☐ Denture Problems
- ☐ Oral Cancer
- ☐ Chronic Illnesses

Oral Health and Overall Health

- What happens in the mouth is often a reflection of what happens in the body.

- Oral Health as been linked to **diabetes**, **heart disease**, **stroke**, and **pneumonia**.

- Research also links Periodontal disease, a chronic inflammatory disease to cardiovascular disease, diabetes, Alzheimer's and other diseases

Journal of Periodontology Aug 2008 Supplemental Issue

Snapshot of Medicaid Clients

More than half of clients are at risk for complications because they have one or more of the following oral health conditions*:

- ☐ Broken, loose, or decayed teeth
- ☐ Missing some or all teeth
- ☐ Ill fitting dentures
- ☐ Inflamed, swollen or bleeding gums, oral abscesses
- ☐ Ulcers or rashes

*CARE data. June 2010

Care Assessment Tool

The following CA sections provide opportunities to identify oral health issues and educate clients:

- ☐ Medications
- ☐ Overall Health
- ☐ Pain
- ☐ Eating
- ☐ Nutrition/Oral
- ☐ Personal Hygiene

Medication Assessment

Asking about a client's medications is a perfect time to ask about dry mouth.

Diagnosis and Overall Health Assessment

Asking about diagnoses may give insight into conditions that are associated with poor oral health …

Including: diabetes, heart disease, stroke pneumonia, cardiovascular disease, Alzheimer's and others

Pain Assessment

Clients reporting pain in mouth or tooth in last 7 days can indicate oral health issues

Eating Assessment: Nutritional/Oral

Specific details about oral health issues/symptoms and their effect on nutrition

Eating Assessment: Strengths

Noting whether clients have own teeth as an eating strength

Eating Assessment: Limitations

Braces/orthodontia, chewing problems, swallowing problems, mouth pain

Personal Hygiene Assessment

Consider impact of limitations on oral health (i.e. cannot raise arms)

Oral Health Flags

- Improve Health Literacy for clients and caregivers

- Tips and tools to self-manage their oral health and communicate with health care providers

- Helps identify symptoms/conditions and "flags" next steps
  - Green: All Clear
  - Yellow: Caution
  - Red: STOP! Medical evaluation needed.

Oral Health Self-Management Plan

EVERY DAY:	**REGULARLY:**
❑ Limit sweet/starchy snacks and sugary drinks between meals. ❑ Brush twice daily with fluoride toothpaste. ❑ Floss daily. ❑ Drink fluoridated water.	❑ Regular dental visits (determine schedule with your dentist) ❑ Discuss oral health at your annual medical exam, especially if you have oral pain, dry mouth, or are taking multiple medications.

Green Flags — All Clear	**What this could mean …**
If you have: • No oral health problems or pain • Your own natural teeth are intact or your dentures fit correctly • No problems eating a variety of foods	• You do not have "dry mouth" OR mouth dryness is managed with extra water, sugar-free gum, or sugar-free hard candy. • You are not having any oral health issues at this time.
Keep up the great work!	

Yellow Flags — Caution	**What this could mean …**
If you have: • Persistent dry mouth, which can cause difficulty speaking or talking; absence or lack of pooling of saliva in mouth. • Problems with chewing or cheek biting • An unexplained change in your mouth or throat, such as sores, swelling, or numbness, or if you have difficulty eating or swallowing that doesn't resolve within a few days • Frequent bleeding gums • Poor fitting dentures	• You may have "dry mouth," which puts you at higher risk for dental cavities and gum disease (gums may appear red, swollen, and bleeding, and may be pulled away from the teeth). • You may need a denture adjustment. • You may need a dental check-up to prevent problems from developing and treating any problems before they become painful. **Improved home care (brushing and flossing) is advised.**
Call your doctor, nurse, or dentist if you notice any changes in your oral health. **Name:** **Number:**	**Name:** **Number:**
If you notice a Yellow Flag, work closely with your health care team.	

Red Flags — Stop and Think	**What this means …**
If you have: • An area of persistent redness or soreness in your mouth • Persistent bleeding gums • Loose teeth • Any lesion in your mouth (including lips, cheeks, tongue, and roof of the mouth) • Discomfort that causes you to not wear your dentures at all or limits your ability to eat healthy solid foods	**You need to be evaluated by a doctor or dentist right away.** **Name:** **Number:**
If you notice a Red Flag, call your doctor or dentist immediately.	

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