



MOTIVATE

Maine's Oral Team-Based Initiative:
Vital Access to Education

Oral Health Leads to Total Health

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

- 23% of older adults have not seen a dental provider in 5 years¹
- 70% of older adults do not have dental insurance¹
- 25% are completely edentulous (toothless)²
- 70-90% of long-term care residents cannot brush their own teeth or care for dentures²
- About 1 in 5 older Americans has untreated tooth decay³



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.



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.

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

Interprofessional team:

Physician | Pharmacist | Nurse | Social Worker
Physical Therapist | Speech Language Pathologist | Dietician | Occupational Therapist
Nursing Assistant | Respiratory Therapist



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.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
- 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.
- MOTIVATE provides the education for long-term care staff to deliver that care.

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

REFERENCES

- Oral Health In Long-Term and Palliative Care Settings, Oral Health Nursing Education and Practice, 2015
- Smiles for Life Curriculum
- National Center for Health Statistics, 2015
- United States Census Bureau, 2010-2014 American Community Survey
- Oral Health in Maine, Maine Center for Disease Control and Prevention, 2013
- Maine Oral Health Improvement Plan, November 2007

