



Keeping my Mouth Healthy- Action Plan



About this plan



This plan tells you about the things that you can do to keep your mouth healthy.



To develop a good plan, you need to make an appointment with the Oral Health Promoter.

Together you go through a checklist. This is called the 'Keeping my mouth healthy check.'



If you can you should also see a special dentist. The Oral Health Promoter will tell you about this.



Then the oral health promoter will write your action plan.

Make sure that everybody who supports you has read and agreed to this plan.

Take this plan with you when you go to the dentist.

My Information



Name:

Date of Birth:



Address:



My telephone:



My Health Facilitator:

Contact number



My GP :

Seeing my dentist:



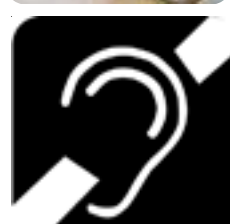
Telephone:

Address:

My Dentist:



This helps me to go to the dentist:



Seeing my dentist:



Date and time of my next appointment :

Date and time of my next appointment :

Date and time of my next appointment :

Date and time of my next appointment :

Date and time of my next appointment :

Date and time of my next appointment :

Brushing my teeth:



What do I need to do:	Who will help me by when

Food and drink:



What do I need to do:	Who will help me by when

Other things I can do to have a healthy mouth :



What do I need to do:	Who will help me by when



Date of this plan:



Date this plan should be reviewed :