

Keeping my Mouth Healthy- Introduction



My name is Judith Taherne and I am an Oral Health Promoter. An Oral Health Promoter is someone who can tell you about different things that can help you to keep your mouth healthy. I am based at the Community Dental Service at Woodfield Road.



For the next year, on a Wednesday, I will work on a new project called 'Keeping my mouth healthy'. In this Introduction I will tell you what I will be doing.



I will be working together with John Whelan. John is a Community Dentist. Together we want to see every person with a learning disability. This could be either at your home or at the Dental Service.

We want to do the following:



Firstly, we want to use the 'Keeping my mouth healthy checklist' to find out what you are doing at the moment for the health of your mouth. It would really help us if you would fill out this form before I am going to see you.



Secondly, John will have a look into your mouth to check that everything is alright. Don't worry he won't do any work, but he will tell you if you need work done. He will tell you how to make an appointment. If you haven't got a dentist then he can also help you to get one.

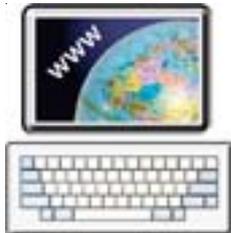


Thirdly, Judith will write a personal to do list with things that you can do to have a healthy mouth. This is called a 'Keeping my mouth healthy- Action Plan'. It will include things like going to the dentist and appointments, visiting the Dental Hygienist, brushing your teeth and what food to avoid.

You should keep this copy save and put it with your Health Action Plan.



Fourthly, once we have seen a lot of people we want to write up what we have found out. We want to show the report to the commissioners and other people in Westminster. Commissioners are people who pay for services, such as dentists or care homes. We won't mention anyones name!



Fifthly, we also want to tell others about what the Oral Health is like of people with learning disability in Westminster. We want to do this so that other places can learn from what we found out. We won't mention anyones name!

Things that you should do now:



Please sign the consent form so that we know that you are happy to take part in this project.

Fill out the checklist and have this ready when Judith will see you.



If you have any questions you can phone Judith on **0207 266 8868** to find out more.

Address:
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