**Name of Organization:** Selfhelp Innovative Senior Center

45-25 Kissena Blvd., Flushing, NY 11355

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**Participants:** 30 participants above age 65. This group was chosen because of the interest in their oral health status and the goal to increase their oral health awareness. Some of the participants have missing teeth with no replacement, some wear dentures and others have teeth but were not fully aware of the preventive measures that needs to be taken to maintain optimum oral health.

**Title:** Oral health education for seniors.

**Objectives:** To increase the oral health awareness of seniors by providing information applicable to their oral health needs. To have a well-educated group of seniors on their oral health and motivated to take measures to maintain good oral health.

**Lesson plan:** Attached is the PowerPoint which was utilized. The topics that were focused on are; periodontal disease, oral hygiene instructions, gingival recession, xerostomia, denture care and healthy diet.

**Implementation:** The group of participants selected comprised of mostly Asian seniors that are bilingual, speaking English, Mandarin and Cantonese. We spoke in English and then this was translated to Mandarin and then Cantonese. We started off by giving a brief introduction of what we will be doing. Then we inquired how many of them visit the Dentist every 6 months; only a few responded with “yes.”

The first topic which was focused on is periodontal disease, visuals were used to explain what a healthy mouth looks like and what an unhealthy mouth looks. The condition of the gums and bone was discussed and how tooth loss can occur. We then proceeded with how this can be prevented with proper oral hygiene and regular visits to the Dentist. The correct methods for brushing and flossing was taught utilizing typodonts and then we asked the participants to demonstrate on the typodonts and we corrected their techniques. The participants were very interested in this and were well engaged in this activity.

The next topic that was focused on was gingival recession; we looked at what is this and what problems it might pose for their oral health and what causes this. We then shifted to xerostomia and asked how many experience dry mouth and the majority raised their hands. We explained what causes this and stressed on that many medications may cause this. We looked at the symptoms such as dry, sticky feeling, cracked lips, frequent thirst. Then we explained how it can cause caries and difficulties eating, chewing, swallowing and communicating. We advised them to drink a lot of water, use saliva substitutes, avoid; sugary snacks, drinks with caffeine and alcohol, overly spicy or salty foods and to cut back on smoking. Next we discussed about taking care of your dentures; the importance of not wearing them 24/7 was stressed and we used pictures to show what this can cause. The steps to keep their dentures clean were then reviewed. Finally, we focused on making healthy choices for food; to eat more fruits and vegetables.

We provided samples of toothpaste, toothbrush, floss, denture cleaning agents and polident for seniors. We also distributed flyers that had information in regards to oral hygiene instructions and xerostomia. At the end we distributed a post oral health survey to be completed by the seniors.

This was a wonderful experience because we were able to learn about the oral health status of the people in this community and what they do to take care of their teeth. The participants were very happy at the end and stated that they learned a lot of new things about their oral health and they were also asking questions about their teeth. To have such an engaging experience is very rewarding. There were no unexpected changes during the presentation.

**Assessment:** At the end of presentation a survey was given out to everyone present to answer five questions in regards to how they feel after the presentation. Below are samples which were filled out: (I WILL INSERT FILE ON OPEN LAB). We also gave an evaluation to the coordinator that was present and this is below.

**Group member’s responsibilities:**

**Fannyeu Liou:** Found location, met with Director and set up appointment for project. Focused on denture care, translated during presentation. Did translations on power point and answered questions that Mandarin speaking seniors that in regards to what we presented. Helped with packing goodie bags.

**Yineeta Chitlall:** Looked for article in regards to oral health issues related to this population and utilized this to choose topics for lesson plan. Gathered information from everyone and compiled power point presentation. Focused on Xerostomia for presentation and did final write up for project after everyone met and came up with a draft. Got samples and goodie bags to give out to the seniors and helped with packing goodie bags.

**Samra Mrkulic:** Focused on periodontal disease, healthy gums vs unhealthy gums, compiled post oral health survey for assessment, helped with packing goodie bags and set up the computer for presentation.

**Sandra Pena:** Focused on oral hygiene instructions, provided some pictures for power point and helped with packing goodie bags.

**Cindy Jimenez:** Focused on gingival recession, helped with demonstrating oral hygiene instructions and distribution of goodie bags and flyers.

**Qing Huang:** Focused on nutrition, translated during presentation, helped with translation on power point and answered questions from Mandarin speaking seniors.

I will also insert the pictures below:

