

# TOOTH WISDOM: GET SMART ABOUT YOUR MOUTH: AN ORAL HEALTH AMERICA WISDOM TOOTH PROJECT® INITIATIVE

## What is “Tooth Wisdom: Get Smart About Your Mouth”?

**Tooth Wisdom®. Get Smart About Your Mouth** is a brand new, first-of-its-kind, oral health education curriculum for community-dwelling older adults delivered in settings where they naturally congregate, such as senior centers, libraries, and places of worship.

- This workshop empowers participants with knowledge and a sense of self-efficacy to care for their oral health
  - One-hour workshops are conducted in a community setting with content created specifically for an older adult audience
  - Workshop leaders are skilled volunteer dental hygienists who participate in an OHA-led training session that incorporates communication with older adults, health education, group facilitation skills, and cultural competency
- Program materials were developed by a geriatric dentist and health education specialist and reviewed by an interdisciplinary advisory committee
- The curriculum is designed to be easily understood by older adults with a conversational rather than technical approach
- The workshop takes a symptoms-based approach to care; Rather than describing each condition in detail, participants are given information regarding symptoms they might experience
- The manner of delivery is as important as the content



In 2014, 238 older adults took part in the initial pilot conducted throughout the city of Chicago. The results of the pre/post surveys highlighted the need for the workshops with 72% of participants improving their knowledge of oral health. Furthermore, 93% of participants self-reported they felt more confident in managing their oral health, as a result of attending the workshop.

For more information, contact [wisdomtoothproject@oralhealthamerica.org](mailto:wisdomtoothproject@oralhealthamerica.org) or call (312) 836-9900

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