



WHAT IS MOUTH CARE MATTERS?

Mouth Care Matters (MCM) is a one-day specialty training in the area of oral care. MCM was originally designed for home care, hospice, and nurse aides; personal assistants; patient care technicians; and direct support professionals, but the program is also suitable for other health and long term service and support (LTSS) staff including licensed nurses. Family caregivers may also benefit from the training. Taught by dental hygienists who are certified instructors, the program offers practical hands-on skills on how to provide the best oral care possible for lowans of all ages and abilities. One of the greatest take-aways by participants is ***“a greater understanding about the link between a healthy mouth and one’s overall health and well-being.”***

MCM is one of three major grant initiatives of the Lifelong Smiles Coalition and funded by Delta Dental of Iowa Foundation (DDIAF). The other two initiatives are I-Smile™ Silver and the establishment of the Office of Education and Training within the University of Iowa College of Dentistry and Dental Clinics, all with the common goal of increasing access to oral health for older lowans who are homebound or residents in a nursing home. Contact Mary Ann Young at maryann@iowacaregivers.org or 515-223-2805 for more information.

Visit <https://bit.ly/2BchncQ> to learn more about the project’s status, lessons learned, and recommendations for increasing access.

WHY MOUTH CARE MATTERS! A ONE-HOUR IN-SERVICE

- A one-hour oral health in-service
- Presented by certified Mouth Care Matters Instructors
- Learn why good oral health is important to overall health
- Learn more about Mouth Care Matters
- Provided by Iowa CareGivers, as funding permits

IOWA CAREGIVERS’ (IC) “MOUTH CARE MATTERS” (MCM) CLASSES

- 8-hour class for direct care staff
- Classroom instruction and hands-on practice
- Taught by certified MCM instructors
- Learn to identify common oral health problems
- Learn basic oral care and various approaches
- Learn how oral care impacts one’s overall health
- Iowa CareGivers’-issued certificate with permanent records maintained for portability



MCM CLASSES ARE AVAILABLE TO direct care staff, as well as to nurses, physical therapists, occupational therapists, dietitians, social workers, supervisory staff, case managers, and others. Classes are available at a variety of venues.

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For more information, contact Iowa CareGivers:
PHONE: 515-223-2805 EMAIL: information@iowacaregivers.org
IowaCareGivers.org

IOWA CareGivers 

PLEASE CHECK OUR WEBSITE OR CALL OUR OFFICE FOR ANY UPCOMING MOUTH CARE MATTERS CLASSES IN YOUR AREA.



ORAL HEALTH ARTICLES

Visit <https://bit.ly/2BchncQ> to learn more about good oral care as highlighted in several short articles, written by Carol Van Aernam, Registered Dental Hygienist. They are a great resource and can be reprinted in your organization's newsletter or shared with people served, employees, family caregivers, and others in your community.

- Why Oral Care is Important
- Dry Mouth: (Xerostomia)
- Bad Breath
- Daily Oral Care and Flossing = Infection Control
- Dementia and Oral Care
- Toothbrushes
- Dentures
- And Other Topics



ADDITIONAL ORAL HEALTH INSERVICES

3 one-hour in-services for direct care staff and other health and long term service and support professionals.

FOCUS AREAS:

- Oral Health for Caregivers
- Approaches for Providing Oral Hygiene Care
- Helpful Techniques for Oral Hygiene Care

PROVIDED BY:

- Iowa CareGivers (as funding permits)
- I-Smile™ Silver Coordinators in Calhoun, Des Moines, Hamilton, Humboldt, Lee, Pocahontas, Scott, Van Buren, Webster, and Wright Counties

<https://idph.iowa.gov/ohds/oral-health-center/ismile-silver>

AN OPPORTUNITY TO PUT YOUR MONEY WHERE YOUR MOUTH IS!
TO LEARN HOW TO BECOME A SPONSOR OF THE MOUTH CARE MATTERS
EDUCATION FUND, CONTACT MARY ANN YOUNG AT
MARYANN@IOWACAREGIVERS.ORG OR 1-515-223-2805.

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