

# Oral Health Self-Management Plan



Eat less sugar and starch



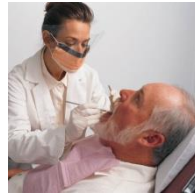
Brush 2 times every day



Floss every day



Drink more water



See your dentist

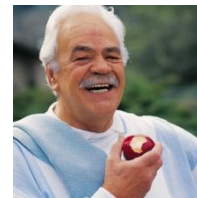


Talk to your doctor

## Green Flags – All Clear



No pain or bleeding



No problem eating

Keep up the great work!

## Yellow Flags – Caution



Dry mouth  
Low saliva  
Bleeding gums



Dentures don't fit

Call your doctor, nurse, or dentist if you notice any changes in your oral health.

Name:

Name:

Number:

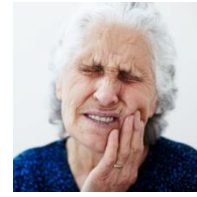
Number:

If you notice a Yellow Flag, work closely with your health care team.

## Red Flags – Stop and Think



Bleeding doesn't stop



Pain keeps you from eating

You need to be evaluated by a doctor or dentist right away.

Name:

Number:

If you notice a Red Flag, call your doctor or dentist immediately.

# Oral Health is Important!

No dentist? No dental insurance?

The following resources can help you find dental services:

**King County 2-1-1** (all ages)

Dial 2-1-1 or call 1-800-621-4636

**Community Living Connections** (age 60+ or 18+ with disability)

1-844-348-KING

(1-844-348-5464)

For more information, visit

[www.seniorsoralhealth.org](http://www.seniorsoralhealth.org)

## Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail [info@communitylivingconnections.org](mailto:info@communitylivingconnections.org)



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