



Caregiver Dental Hub

Practical Oral Care Guidance for Caregivers

How to Prepare for a Dental Appointment

Speaking up is not the same as interrupting.



BEFORE THE VISIT

- ✓ Share strategies that help support comfort, cooperation, and successful care
- ✓ Describe triggers and effective calming strategies
- ✓ Choose the best times of day



SETTING UP FOR SUCCESS

- ✓ Ask for simple changes (lighting, sound, pacing)
- ✓ Ask the team to explain before touching
- ✓ Request familiar staff members when possible
- ✓ Bring comfort items



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