

Image



It's important to maintain the health of your mouth, teeth, and gums at any age, but particularly when you are older.

We're here to help. Please let us know if you have a question or feedback by emailing [info@seniornavigator.org](mailto:info@seniornavigator.org). Be sure to include your city, county, or zip code so we can better meet your needs.

## Oral Health and Overall Health

- Oral health has been called "a window into your overall health" because it can impact your general health and disease (Mayo Clinic, 2019).
- Chronic health conditions can affect oral health, such as diabetes or a weakened immune system (CDC, 2020).
- Since Medicare does not cover routine dental care most older adults do not have dental insurance (CDC, 2019).

- Many older adults are unable to access basic preventive dental care and treatment to keep their teeth and mouths healthy.
- Due to the high cost of dental care many older adults forgo needed dental treatment (AARP, 2018).
- Caregivers and older adults can find the resources and information they need to connect with appropriate oral health supports and services.

## Key Articles

- [Adult Dental Benefits from Medicaid](#)
- [Oral Health for Older Adults: Quick Tips](#)
- [Keeping Teeth Healthy for Longer](#)
- [Diabetes and Oral Health](#)
- [Oral Cancer](#)
- [Taking Care of Your Teeth and Mouth](#)
- [Where can I find low-cost dental care?](#)
- [Research Shows Links Between Gum Disease and Alzheimer's](#)

## Tip Sheets & Tools

- Brush and Floss Card (VDH) [English](#) and [Spanish](#)
- Older Adults and Oral Health (NIH) [English](#) and [Spanish](#)
- [Dental Care for the Elderly](#) (VDH)
- [Dry Mouth and Older Adults](#)
- [Take Charge of Your Diabetes: Healthy Teeth](#) (CDC)
- [The Dental/Kidney Disease Connection](#) (National Kidney Foundation)
- [Oral Health Tips and Caregiver Fact Sheets](#)
- [Medicare and the Impact of Oral Health on Major Health Conditions - Fact Sheets](#) (Center for Medicare Advocacy)

## Stay Connected

- [Virginia Medicaid Adult Dental Benefit](#) (Virginia Health Catalyst)
- [Your Dental Health at MouthHealthy](#) (ADA)

- [Oral Health for Older Americans \(CDC\)](#)
- [Oral Health and Older Adults \(NIDCR\)](#)
- [AgingCare Oral Health Dental Care Articles](#)

## **Your Local Programs**

- [Virginia Area Agencies on Aging](#)
- [Virginia Association of Free and Charitable Clinics](#)
- [Virginia Department of Health - Dental Directory](#)
- [Virginia Health Care Foundation](#)
- [Virginia Health Catalyst](#)

▶▶ Use FIND SERVICES at top of page to find local programs

[View PDF](#)