



**Cheryl McGrail Sinclair, RDH**  
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Dear Resident and Family:

I am pleased to announce an oral health care service that is being offered at Strathmere Lodge. I am a Registered Dental Hygienist, offering MOBILE dental hygiene care service to seniors and ones who are unable to access a dental office regularly.

The need for good oral health continues as a person ages, becomes chronically ill or moves to a long-term care residence. Many older adults, especially those who rely on others for care, have poor oral hygiene and high rates of oral disease. Oral diseases can cause pain, discomfort, difficulties chewing and swallowing.

Since 2009, I have been providing MOBILE dental hygiene care for seniors in various long-term care homes and residences in Lambton, Middlesex, Elgin and Chatham-Kent Counties. I also am employed in private practice since 1998. Regular preventative dental hygiene care offers many benefits including improving the oral health by reducing bacteria and plaque that is responsible for cavities and gum disease that are associated with Diabetes, Heart Disease and Stroke, Respiratory Disease and Dementia. As we age, our teeth, gums and other tissues in the mouth undergo changes. Sometimes these changes are affected by chronic disease and the use of medications and may include sensitive teeth, dry mouth, exposed root surfaces, loss of natural teeth, infections, mobility, and ulcers and lesions.

With the dental hygiene service, I use portable equipment which has been designed to set up easily and quickly. Upon completion of my assessments of the oral cavity and head/neck region, I will continue with debridement and apply fluoride varnish for enamel protection. Upon completion, the resident will be placed on a dental hygiene rotation to provide proper and adequate oral health based on individual needs. I will also collaborate with other health and dental professionals in the area and referrals will be given out if deemed appropriate. Some referrals will include oral surgeons, denturists and dentists for restorative work.

In offering this service, my role is to provide the necessary information, education and oral hygiene tools to ensure clients achieve a better oral health status. My services include complete head/neck exam, oral cancer screenings, debridement, polish, fluoride, IST temporary restorations for stabilization. Conveniently, the dental hygiene services may be covered by Veterans Affairs, NIHB, ODSP, or other extended dental health plans if clients are entitled to these coverage options.

Also, the Federal Government now has launched the CDCP (Canadian Dental Care Plan) for Canadians who don't have a personal dental care plan and has a net income less than \$90,000. This is a federally delivered public plan that will help ease financial barriers to accessing oral health care for many. Please refer to the following link for more information <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>. This program will allow many to get the quality oral care they are needing for an improved way of life.

Professional dental hygiene services, coupled with good daily oral hygiene habits, can reduce the risk of these health complications. Good oral health is important at every stage of life. All older adults should enjoy the benefits of good oral health for comfort, quality of life and self-confidence, freedom from pain and the ability to enjoy a healthy diet and better overall health.

I am excited about providing this service to you and your family. My objective is to create an efficient, effective and caring program that caters to the needs of each individual resident and cause little disruption for the family.

To participate or learn more, please complete a consent form at front office or contact me at 519-350-6267 to schedule a professional dental hygiene care appointment today.



ATTACH RESIDENT LABEL

STRATHMERE LODGE LTC - ROOM:

**POA/Substitute Decision Maker/Responsible Party**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_

**INSURANCE INFORMATION** (if applicable)

Policy Holder: \_\_\_\_\_ D.O.B \_\_\_\_\_ Relation: \_\_\_\_\_  
Employer: \_\_\_\_\_ Insurance Company: \_\_\_\_\_  
Group/Policy# \_\_\_\_\_ Certificate/Div/ID#: \_\_\_\_\_  
Insurance Address/Number: \_\_\_\_\_

Many dental insurance plans allow providers to submit claims electronically on your behalf. In order to this, your authorization is required.

I authorize the release of information contained in claims submitted electronically to my dental provider. I also authorize the communication of information related to dental coverage and benefits to my dental insurance provider. If allowed, I also assign my benefits payable from claims submitted electronically and authorize payment directly to my dental provider. I also recognize fees will be paid upon services rendered on date of care.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**CONSENT for DENTAL HYGIENE SERVICES**

I consent ONLY to an initial dental hygiene assessment. *Teeth will not be debrided or polished.* However, a estimate will be provided for cost of future appointments with oral care if wish to proceed after initial assessment.

I consent to BOTH the initial dental hygiene assessments and tooth debridement/polish.

I consent to allow **CMS Dental Hygiene Services** to access the resident's medical history as it may pertain to the requested services. I understand the rates/fees are subject to regular review and may change yearly through the professional fee guide standards.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_