



TIPS AND TRICKS SERIES

Dental Visit Tips for Adults with Disabilities

If you have sensory, communication, or mobility needs, these tips can help make your dental visit easier.

Before the Visit:

- Complete the [My Dental Care Passport](#) to share your sensory, communication, and mobility needs with your dental team.
- Send your passport to the dental office BEFORE your appointment.
- Complete any forms from the dental office.

Practice at Home:

- Read books or social stories about going to the dentist.
- Watch short videos about dental visits.
- Practice opening your mouth while someone counts your teeth.

Practice at the Dental Office:

- Ask to see the office before your appointment.
- Ask if they can provide a short practice visit.
- Meet the dental team or explore the dental chair.

Day of the Appointment:

- Bring your insurance card and any completed forms.
- Bring comfort items (headphones, sunglasses, or a fidget toy).
- Arrive 10 minutes early.
- Ask for breaks if you need them.



Did You Know?

You can ask for accommodations such as extra time, breaks, a quieter room, or instructions given one step at a time. Many dental offices are happy to work with you when they know what you need.

Learn More:

Visit the [Pathways to Oral Health](#) website to find the [My Dental Care Passport](#), read the Dental Visit Social Stories, and watch videos.