



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona



Division of Developmental Disabilities
June 6, 2024

Agenda

- Positive Behavior Support Training
- Bridging the Gap for Individuals with Developmental Disabilities and Behavioral Health Needs
- Volunteers Needed
- Oral Health, Dr. Vick Hirani, DMD, MBA, DDD Dental Director
- Living with Diabetes, Heat, and Water Safety, Dr. Vicki Copeland, MD, FAAFP, DDD Medical Director

If you joined late, click the interpretation button at the bottom of your Zoom screen and select English or Spanish to hear the meeting.
Si se unió tarde, haga clic en el botón de interpretación en la parte inferior de su pantalla Zoom y seleccione inglés o español para escuchar la reunión.



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Positive Behavioral Support Training

Positive Behavioral Support (PBS) Training

- DDD partnered with Raising Special Kids to offer training for family members and caregivers
- Called Positive Behavior Support (PBS) Training
 - Evidence-based and inclusive
 - Promotes empathy and sensitivity
 - Teaches person-centered practices
 - Offers tools to support people with challenging behaviors and improve their quality of life
 - Improves communication with members
 - Builds caregiver confidence to support members with challenging behaviors, therefore supporting stronger relationships

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Positive Behavioral Support (PBS) Training

- Training total = 8 hours
- Offered in English and Spanish
 - Also available in other languages upon request
- No cost to families and caregivers

Learn More: <https://des.az.gov/services/disabilities/developmental-disabilities/current-member-resources/pbs-training>

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Positive Behavioral Support (PBS) Training

- PBS Training will be offered once per month on different days and times
- Trainings all throughout June and July, 2024
- Visit Raising Special Kids, <https://raisingspecialkids.org/events/>, to find days and times, and register for an upcoming PBS training

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Behavioral Health Services



for Individuals with Developmental Disabilities and Behavioral Health Needs

The first Bridging the Gap Conference for behavioral health providers was held in Tucson on May 9 & 10, 2024

- 260 individuals attended
- 15 Presentations, 12 were Continuing Education-eligible (APA/NBCC)
- 14 Exhibitors
- Lots of positive feedback from attendees!

The second conference will be in Phoenix at the Desert Willow Conference Center Sept 5-7, 2024. There will be additional sessions for medical professionals and a full day for behavior analysts.

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Call for Volunteers




Volunteers Needed

The Division of Developmental Disabilities

Contact the DDD Volunteer Coordinator with questions:

 dddvolunteers@azdes.gov

 1-844-770-9500 option 1



Developmental Disabilities Advisory Council
(Council members are appointed by the Governor)
<https://bc.azgovernor.gov/>

Independent Oversight Committee (IOC)
<https://ioc.az.gov/>



Program Review Committee (PRC)
<https://bit.ly/3soiEXp>



Equal Opportunity Employer / Program • Auxiliary aids and services are available upon request to individuals with disabilities • To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities ADA Coordinator at 602-771-2893; TTY/TDD Services: 7-1-1 • Disponible en español en línea o en la oficina local

DDD-2131A CRDENG (6-22)

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Questions?

The Importance Of Oral Health

June 6th 2024 DDD Town Hall

Vick Hirani DMD, MBA

Dental Director
Division of Developmental Disabilities





Agenda

- Oral Health Connection to Overall Health
- Dental risk factors for those with I/DD
- Oral Hygiene Tips
- Locating a DDD network dentist/ Plan Benefits

WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?

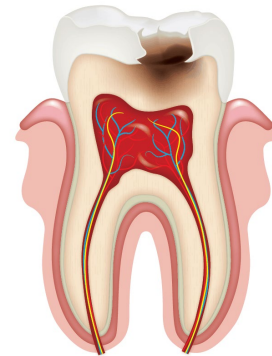
Oral and Overall Health Connection



Cavities

- Psychoactive drugs or anticonvulsants, which can cause dry mouth and delayed tooth eruption.
- Preference soft and sweetened foods
- Pouch food inside the mouth instead of swallowing it.
- Poor tongue coordination (=less protection)

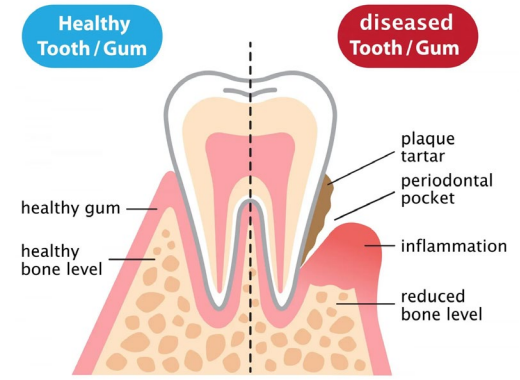
=HIGH CAVITIES RISK



Gum Health

- Irregular brushing habits.
- Lack of the necessary dexterity with some IDD/ASD Children
- Side effects of medications

=HIGH GUM DISEASE RISK



Other Oral Habits



- Drooling, tongue thrusting and difficulty swallowing; due to be poor muscle tone.
- Increased wear areas (a common sign of bruxism/grinding) as well as erosion and over responsive gag reflex .
- Self-injury is also a common finding, both skin and oral, and recurrent bruises, abrasions, cuts and oral ulcers

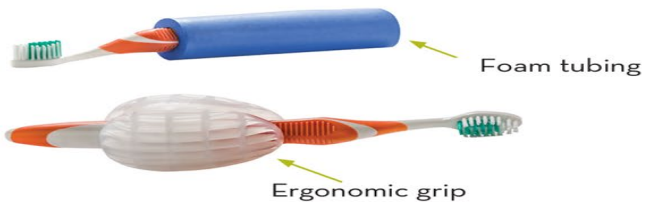
=HIGH TISSUE INJURY RISK

Brushing assistance tips

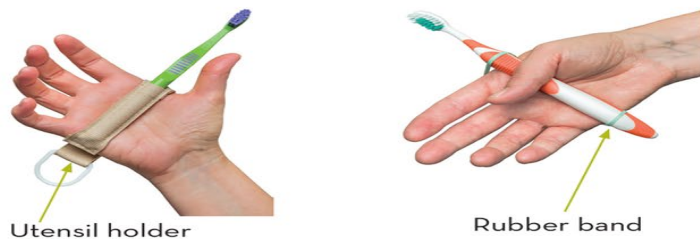


Adapt the toothbrush or try different types of toothbrushes

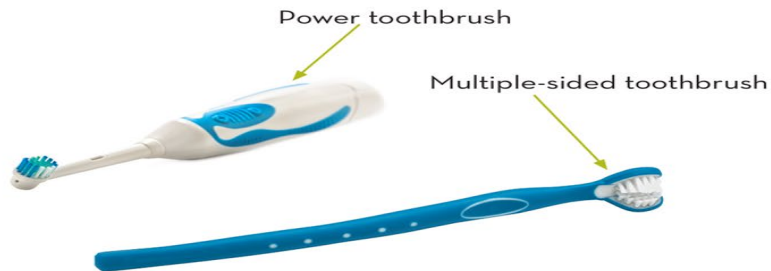
Make the toothbrush handle bigger.



Make the toothbrush easier to hold.



Try other toothbrushes.



TIP:

If you make the toothbrush handle bigger, be sure to:

- Remove and clean the grip – and clean the toothbrush handle – at least once a week.
- Allow the grip and handle to dry fully.

Keep the mouth open & prevent accidental biting

Foam mouth rest

- Place mouth rest between upper and lower *back* teeth (follow directions on package); allow care recipient to rest teeth.
- Brush teeth on opposite side of mouth.



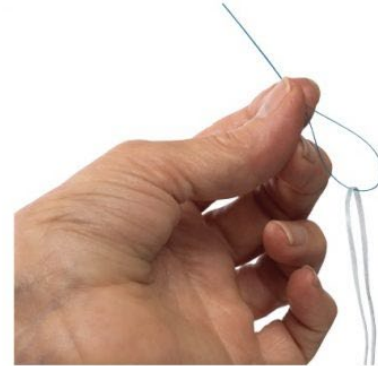
Good Oral Hygiene Tips/Aids

Flossing Tools

- Floss holders hold floss securely in place.
- Floss threaders help thread floss in tight spaces such as around a fixed bridge.
- Oral irrigators (also called dental water jets or water flossers) help clean between teeth and around dental implants and bridges.
- Interdental brushes are tiny brushes specially designed to clean between teeth.



Floss holder



Floss threader



Oral irrigator



Interdental brush

DDD Dental/Oral Health Benefits

- Under 21 years of age there is no benefit limit for covered services, medically necessary dental care under AHCCCS
- All AHCCCS-eligible members over 21 years of age have an annual dental benefit to be utilized October 1 - September 30 each year. This maxes out at \$1,000/plan year for **emergent** dental needs.
- AHCCCS-eligible **DDD members** over 21 have an **additional** annual \$1,000 for **comprehensive prevention care**.
- *Unlimited IHS/Tribal 638 facilities for AI/AN members, **including** those over 21
 - * Unlimited at ICF Members, **including** those over 21
 - * Unlimited for Transplant Cases, cancer and other related medical conditions

UHCCP Dentists who serve DDD members:

<https://www.uhccommunityplan.com/az/medicaid/developmentally-disabled>



Find Plans ▾ State Information ▾ Resource Center ▾ About Us Contact Us ▾

Home > Arizona Health Plans > Arizona Developmental Disabilities Program

Developmental Disabilities Program



Medicaid

Our Arizona Developmental Disabilities Program offers a range of benefits for children and adults with conditions such as epilepsy, cerebral palsy or other cognitive disabilities. View the benefits below to see all that it offers.

More information on eligibility and enrollment can be found on the [Arizona Department of Economic Security](#)

Developmental Disabilities Program

Find providers and coverage for this plan.



[Find a Provider >](#)

Search for doctors, hospitals and specialists.



[View Drug List >](#)

Find medications covered by this plan



[Find a Provider >](#)

Learn more about our Behavioral Health Services.



[Find a Dentist >](#)

Find a dentist near you.



[Find a Pharmacy >](#)

Find a pharmacy near you.

Find A Dentist

To search for a dental provider, click on the link below, then click on "Dentist Locator," and then choose the name of your health plan.

[Search for a dental provider](#)

UHC Newborn Oral Health Video

[English](#) | [Spanish](#)

Sedation Services Available

[Developmental Disabilities - Child](#)

PDF 92.98KB - Last Updated: 10/27/2021

[Developmental Disabilities - Adult](#)

PDF 48.80KB - Last Updated: 10/27/2021

Prevention & General Dentistry

[Developmental Disabilities - Child](#)

PDF 194.06KB - Last Updated: 10/27/2021

[Developmental Disabilities - Adult](#)

PDF 217.99KB - Last Updated: 10/27/2021

Mercy Care Plan Provider Dentists who serve DDD members:

<https://dentaquest.com/find-a-dentist-gov/>

The image shows a composite of three screenshots from the DentaQuest website. The top left screenshot displays the 'Find a Dentist' page with a navigation menu (MEMBERS, DENTISTS, CLIENTS) and a list of states: Alabama, Arizona, Colorado, Connecticut, and Delaware. The top middle screenshot shows the 'Welcome' page with the text 'What are you searching for today?' and icons for 'Dentists by name' and 'Dentists by Specialty'. The top right screenshot shows search results for 'pediatric' dentists within 25 miles of Phoenix, AZ 85007, displaying a map of Phoenix with numbered location markers and a profile for Jennifer E. Canada, DMD, at Wild West Childrens Dentistry.

Questions?

Vick Hirani DMD, MBA
Dental Director
Division of Developmental Disabilities

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DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

Living with Diabetes



Vicki D. Copeland, MD, FAAFP

Division of Developmental Disabilities, Chief Medical Office

Living with Diabetes

Building a Healthy Lifestyle

Living with diabetes presents challenges, but adopting a healthy lifestyle can make a difference. Here are the keys to a healthy lifestyle:

- Regular exercise and activity
- Weight management
- Healthy eating - fruits, vegetables, fiber, protein
- Hydration - drink plenty of water
- Skincare
- Regular medical check-ups

Add these healthy habits to your daily routine, so that if you are living with diabetes or pre-diabetes then you can better manage your condition and enjoy an improved quality of life.

Living with Diabetes

Protecting Your Skin

Good skin care is important for individuals with diabetes due to several key reasons:

- Protective Barrier
- Wound Healing
- Risk of Complications

Overall, good skin care is vital for individuals with diabetes to prevent infections, promote wound healing, and reduce the risk of complications that comes from open wounds and sores or even scratches.

By checking your skin daily, taking care of your skin, and promptly addressing any skin issues, people with diabetes can help their overall health and well-being.

Living with Diabetes

Primary Care Doctor Visits for Diabetes Management

Regular visits to your primary care doctor are essential for effective diabetes management. Here's what to expect:

Frequency of Visits:

- For preventive care, schedule at least one visit per year.
- Diabetics may require check-ups every 3 to 6 months to monitor their condition closely.

Key Tests and Assessments:

- A1c Test: This measures the average level of sugar in your blood over the last 3 months, so you and your clinician know more about your long-term blood sugar control.
- Kidney Function
- Cholesterol Tests: Monitoring cholesterol levels helps in preventing heart disease.

By attending regular appointments and getting these tests, individuals with diabetes can effectively manage their condition and reduce the risk of complications.

Living with Diabetes

Comprehensive Healthcare for Diabetes: *Beyond Primary Care*

Managing diabetes involves more than just doctor visits. Here are additional healthcare appointments to prioritize:

- **Dental Appointments:** Schedule dental check-ups at least twice a year.
- **Eye Exams:** Schedule an eye exam with an optometrist or ophthalmologist once a year.
- **Foot Exams:** Schedule a foot exam at least once a year with a podiatrist. If you have any sores, cuts, or other foot problems, seek medical attention promptly.

By prioritizing these healthcare appointments alongside primary care visits, individuals with diabetes can proactively manage their condition and reduce the risk of diabetes-related complications.

Living with Diabetes

Immunizations for Adults Living with Diabetes

Immunizations are crucial for maintaining overall health, especially for individuals with diabetes. Here are important vaccines to consider:

- Flu Vaccine
- Tdap Vaccine
- COVID-19 Vaccine
- Pneumococcal Vaccine

By staying up-to-date with these immunizations, individuals with diabetes can help protect themselves against preventable illnesses and complications, promoting better health outcomes.

Living with Diabetes

Monitoring Blood Sugar Levels: *Essential for Diabetes Management*

Monitoring your blood sugar levels daily is a key aspect of diabetes management. Here's what you need to know:

- **Using a Glucometer:** Regular blood sugar monitoring helps you track your levels and make decisions about your diabetes management.
 - **Finger Pricking:** Some individuals poke their fingers to obtain a blood sample for testing with a glucometer.
 - **Continuous Glucose Monitoring (CGM):** Others wear a CGM device all the time, which provides real-time blood sugar readings throughout the day.

By monitoring your blood sugar regularly, you can better understand how your body responds to food, medication, and other factors. This allows you to adjust your treatment plan as needed for optimal diabetes control.

Living with Diabetes

Medication Management for Diabetes

Taking your medications as directed is key for managing diabetes. Here's what you need to know:

- **Take your medications as prescribed:** Follow your healthcare provider's medication dosage and timing instructions. Consistent adherence to your medication schedule helps maintain stable blood sugar levels and reduces the risk of complications.
- **Tell your doctor or clinician about side effects:** If you experience any adverse reactions or side effects discuss them with your healthcare provider promptly.
- **Addressing Challenges:** If you encounter difficulties with your medication, feel free to communicate with your healthcare provider.

Open and honest communication with your healthcare provider about your medication experience is essential for optimizing diabetes management and achieving the best possible health outcomes.



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Heat and Water Safety



Vicki D. Copeland, MD, FAAFP

Division of Developmental Disabilities, Chief Medical Office

Heat Safety

Protecting Yourself in the Summer Months

Heat-related deaths in Maricopa County have increased significantly in recent years, highlighting the importance of heat safety measures.

- **Rising Fatality Rates:** In 2023, Maricopa County saw a staggering increase in heat-related deaths, with 645 reported fatalities.
- This marks a concerning **52 percent** rise compared to the previous year, according to data from the [Maricopa County Department of Public Health](#).

By prioritizing heat safety measures and fostering a culture of preparedness and resilience, we can work together to reduce the incidence of heat-related illnesses and fatalities in Arizona.

Heat Safety

Heat Safety Tips Recommended by Maricopa County Department of Public Health

To stay safe during extreme heat conditions, the [Maricopa County Department of Public Health](#) recommends the following tips:

- **Stay Indoors with Air Conditioning:** Find air-conditioned spaces to escape the heat and reduce the risk of heat-related illnesses.
- **Stay Hydrated:** Drink water regularly, even BEFORE you feel thirsty, to prevent dehydration. Always carry a water bottle outdoors and ensure access to clean drinking water throughout the day.
- **Check Your Car:** Double-check to ensure no children or pets are left inside before leaving your vehicle. Never leave children or pets unattended in a parked car, even with open windows.

By following these heat safety tips, you can protect yourself and your loved ones from the dangers of extreme heat and reduce the risk of heat-related illnesses and fatalities in Maricopa County.

Heat Safety

Understanding Heat Sensitivity: *Health Conditions and Medications*

It's essential to recognize if you are more sensitive to heat due to underlying health conditions or medications. Here's what you need to know:

- **Health Conditions:** Certain health conditions can make individuals more susceptible to heat-related illnesses.
- **Medications:** Some medications can affect the body's ability to regulate temperature or increase sensitivity to heat.

By understanding your individual risk factors and taking proactive measures to mitigate them, you can better protect yourself from heat-related illnesses and ensure your well-being during hot weather conditions.

Heat Safety

Recognizing Heat Exhaustion: *Signs and Symptoms*

Be vigilant for signs of [heat illness](#) and seek medical attention promptly if symptoms arise.

- **Heat Exhaustion** is a milder form of health illness and could become heat stroke if not treated.

Here are the signs to watch for:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness

By staying watchful for signs of heat illness and taking appropriate precautions, you can protect yourself and others from the dangers of extreme heat and ensure a safe and enjoyable summer.

Heat Safety

Recognizing Heat Stroke: *Signs and Symptoms*

Heat stroke is a severe heat-related illness that requires immediate medical attention as it can be life-threatening. Here are the signs to watch for:

- High Fever: A core body temperature above 103 degrees Fahrenheit (39.4 degrees Celsius).
- Mental Confusion
- Dizziness
- Nausea
- Throbbing Headache

By recognizing the signs of heat stroke and taking swift action, lives can be saved, and serious complications can be prevented. Stay vigilant during hot weather conditions and prioritize heat safety measures to protect yourself and others from heat-related illnesses.

Water Safety

Drowning Prevention: Protecting Children's Lives

Drowning is the leading cause of death for children ages 1-4, according to the [Centers for Disease Control and Prevention](#) (CDC). Here's what you need to know:

- **Alarming Statistics:** The CDC reports that drowning poses a significant risk to young children, with fatal incidents most commonly occurring in swimming pools, bathtubs, and natural bodies of water.
- **Vulnerable Age Group:** Children between the ages of 1 and 4 are at high risk for drowning incidents due to their limited swimming abilities, lack of water safety knowledge, and tendency to wander unsupervised near water sources. They can drown in very small amounts of water if their face is submerged.

Water Safety

Water Safety Tips from the [Centers for Disease Control and Prevention](#) (CDC)

To stay safe around water, the CDC recommends the following tips:

- **Learn to Swim:** Take swim lessons and learn basic water safety skills.
- **Pool Fencing:** Install fences around pools to prevent easy access, especially for young children. Ensure the fences fully enclose the pool area and have self-closing, self-latching gates.
- **Close Supervision:** Always supervise children closely when they are around water, including in bathtubs, swimming pools, and natural bodies of water.
- **Life Jackets:** Wear a properly fitted life jacket when near natural bodies of water, such as lakes, rivers, or oceans. This includes boating, fishing, and other water-based activities.

By following these water safety tips, individuals can reduce the risk of drowning incidents and enjoy water activities safely. Remember that water safety is everyone's responsibility, and proactive measures can save lives.

Water Safety

Water Safety Tips from the [Centers for Disease Control and Prevention](#) (CDC)

To ensure safety around water, the CDC recommends the following guidelines:

- **Avoid Alcohol:** Do not drink alcohol before or during water activities. Alcohol can impair judgment and coordination. Caregivers should avoid alcohol while supervising children near water.
- **Breath-Holding Caution:** Avoid holding your breath underwater for too long, as it can lead to hypoxia (low oxygen in the brain and body) and cause you to faint or lose consciousness which increases the risk of drowning.
- **Swim with a Buddy:** Always swim with a buddy and never swim alone. Swimming with a companion enhances safety by providing assistance in emergencies. Whenever possible, choose locations with lifeguards on duty for added security.
- **Seizure Disorder Awareness:** Individuals with seizure disorders should follow their doctor's advice and take appropriate precautions around water.

By adhering to these water safety recommendations, individuals can minimize the risk of accidents and enjoy aquatic activities responsibly. Remember that vigilance and preparedness are key to preventing water-related incidents.



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Thank You

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Division of Developmental Disabilities, Chief Medical Office



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Questions?



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Thank You