

Bridging to Adulthood Tips: Dental Care for Adults with Disabilities

Dental care in adulthood:

Seeing a dentist regularly is important for health and wellbeing.

How do I find an adult dentist?

We recommend **speaking with your current dental professional** to see if they can continue to see you/your child as an adult. Or, they might have suggestions for where to go **in your community**.

You can also **search for a local dentist** through the Royal College of Dental Surgeons of Ontario website: <https://www.rcdso.org/en-ca/find-a-dentist>.

Some **hospitals** have specialized dental services for people with complex care needs. Examples:

Patients with complex physical, medical or cognitive needs	
Toronto, ON	<p>Sunnybrook Health Sciences Centre website or phone: 416-480-4436</p> <p>Mount Sinai Hospital website of phone 416-586-5010</p> <p>Toronto Rehabilitation Institute Dentistry website or phone 416-597-3422 ext. 3048</p>
London, ON	<p>London Health Sciences Centre website or phone: 519-663-3451 / 519-685-8263</p>
Ottawa, ON	<p>The Ottawa Hospital website or phone: 613-761-4084</p>

Patients with Mental Health Needs	
Toronto, ON	<p>Centre for Addiction and Mental Health Website or phone: 1-800-463-2338 Must be an existing CAMH client. Speak with your provider.</p>
Whitby, ON	<p>Ontario Shores Centre for Mental Health Sciences Website or phone: 1-800-341-6323 For inpatients only.</p>

How do I pay for adult dental services?

Ontario Disability Support Program (ODSP) – Dental Benefits	<p>You might be eligible for Dental Benefits paid by the government if you receive ODSP. Talk to your caseworker.</p> <p>You must make sure the dentist you choose accepts ODSP Dental Benefits.</p> <p>https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/income_support/odsp_dental.aspx</p>
Other government dental programs	<p>There are other government programs that may help cover the cost of basic dental care for people that meet the specific eligibility criteria.</p> <p>https://www.oda.ca/visiting-the-dentist/government-dental-programs/</p>
Extended health benefits plan	<p>You might have dental coverage through a workplace or post-secondary education institution benefits plan.</p>
Affordable clinics	<p>Some dental facilities offer lower cost options for people with financial need. www.211Ontario.ca or 1-877-330-3213</p>
Out of pocket	<p>Some people pay for dental services with their own money.</p>

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific programs, or as a comprehensive resource list.

This handout is brought to you by Holland Bloorview's Transitions Team
 Contact: Laura Thompson, OT Reg. (Ont.), Team Lead & Occupational Therapist
 416-425-6220 ext. 3686, lthompson@hollandbloorview.ca

Last updated: 24/2/2022