

Dental Visit Accommodations for Autism

Autistic individuals are at a higher risk of tooth decay and periodontal disease (1). The following accommodations can reduce sensory overwhelm and make routine dental visits more peaceful and successful.

Request Quiet Appointment Times

Peak times at the dental office can be busy, loud, and overwhelming. Requesting an early morning, or an end-of-day appointment can help reduce the sensory overwhelm caused by a crowded reception area (2).

Ask for Comfort Items and Environment Modifications

Ask your office if they can provide comfort items to help create a sensory-friendly environment. For example, a weighted blanket, a familiar person in the room, a stuffed animal, noise-cancelling headphones, or dimmer lights (3).

Use a Visual Communication Board

Communication can be difficult for autistic children, especially when facing the stress of an unfamiliar setting (4,5). A visual communication board can help your child express their feelings easier (4,5). Try using the one provided at the bottom of this page during your next appointment!

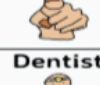

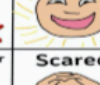




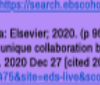
Seek a Mobile Dental Clinic Service

Mobile dental clinics are able to travel to you and some can even set up in your home. This allows for a more familiar setting and less disruption to daily routine. These services are equipped with all the necessary tools to provide quality dental hygiene care for your child. (6,7)

For more information about available mobile dental services in British Columbia check out:

<https://www.bcdha.com/wp-content/uploads/2021/05/20200831-Directory-of-Independent-and-Mobile-Dental-Hygienists-in-British-Columbia.pdf>

Dental Visual Communication Board

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