

Healthy teeth and gums

- > Gently brush your teeth and gums, every morning and night
- > Always use a small soft toothbrush and a pea sized amount of fluoride toothpaste
- > Children up to five years need a pea size amount of low fluoride childrens toothpaste
- > From the age six and up a pea sized amount of adult fluoride toothpaste can be used
- > Spit the toothpaste out, but don't rinse your mouth
- > Children need assisted brushing until the age of eight
- > Choose healthy snacks between meal times, such as fruit, vegetables, nuts, crackers and reduced fat dairy foods such as plain yoghurt and cheese
- > Limit soft drinks, energy drinks, cordials and juices
- > Plain tap water is the best drink for your teeth
- > If you are a smoker, think about quitting – for free advice, call the Quitline on 137 848

Contact details

Contact your local School or Community Dental Clinic and make an appointment for a check up. To find your local clinic call, SA Dental Service on 8222 8222.

For more information relating to the SA Dental Service's Aboriginal Oral Health Programs, please call (08) 8222 9003 and ask to speak to one of the project officers within the Aboriginal Oral Health Program.



For more information

SA Dental Service
Health Promotion Unit
GPO Box 864, Adelaide SA 5001
Telephone: 8222 9016
TTY: 8222 8390
www.sadental.sa.gov.au

If you require this information in an alternative language or format please contact SA Health on the details provided above and they will make every effort to assist you.



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SA Health

SA Dental Service

Dental care for Aboriginal people in South Australia



Aboriginal Oral Health Program



SA Health

Improving oral health for Aboriginal people in South Australia

SA Dental service is working to improve the oral health of Aboriginal people living in South Australia through the Aboriginal Oral Health Program.

The Aboriginal Oral Health Program provides dental care for eligible Aboriginal people at school and community dental clinics in both metro and country South Australia.

Programs offered include:

- > Aboriginal Liaison Program
- > Pregnancy
- > Medicare Teen Dental Program
- > School Dental Service
- > Early Years Program

Aboriginal Liaison Program

Referral pathways are available for eligible Aboriginal South Australians to access free, priority general and emergency dental care through SA Dental Clinics. To receive dental care through the program you need to meet the following criteria:

- > be of Aboriginal origin
- > hold a current Centrelink concession card
- > be aged 18 years and older.

Pregnancy

Pregnancy pathway eligibility:

- > be of Aboriginal origin or be pregnant with a child of Aboriginal descent
- > all ages can access the program
- > if 16 years and older, must hold a current Centrelink concession card.

For women 18 years and over, dental care will be provided at one of our Community Dental Clinics.

For women under the age of 18 who are accessing this program, dental care will be provided at a School Dental Clinic.

Medicare Teen Dental Program

If you are eligible for a Medicare Teen Dental Voucher, you will be entitled to receive full preventative and treatment services at the School Dental Service.

Eligibility criteria for the program:

- > be aged between 12 to 17 years or turning 12 in the current calendar year
- > family must be receiving tax benefit A
- > program ceases December 2013.



School Dental Service

Children aged up to 18 years, living or attending school in South Australia are eligible for oral health care through the School Dental Service. All dental care is free for babies, toddlers and preschool children.

For children that have started schooling and up to the age of 18:

- > no cost for children who are on school or Centrelink concession cards
- > no cost if eligible for teen dental (ages 12 to 17).

An additional cost exists for dental treatment if not eligible for any of the above. Any payments required will be discussed at time of treatment.

Early Years Program

The SA Dental Service recommends a first dental visit to occur from about 12 to 18 months of age. Dental care is free for babies, toddlers and preschoolers in South Australia. To receive dental care through this program your child needs to meet the following criteria:

- > live in South Australia
- > not have started primary school.