

Welcome, we are your



At Suncoast you and your care team are cooperatively involved in your ongoing health care.

What is a Patient Centered Medical Home?

A medical home is a team approach to providing total health care. Your medical home team will include your health care providers, others who support you, and most importantly you.

What can your Medical Home do?

- ✓ Help you manage your health care
- ✓ Help answer your health questions
- ✓ Listen to your concerns
- ✓ Work with other medical experts if necessary
- ✓ Coordinate your care through additional services
- ✓ Encourage you to play an active part in your own health care

In a Medical Home, you and your team will work together. As an active member of the team, you will have a chance to explain the things that are really important to you.

- ✓ Your team can answer questions and help you better understand your health care needs.
- ✓ If you need to get help from other doctors, your team can support you every step of the way.
- ✓ When you have concerns about your health, your medical home team will work with you to determine the best way to deal with them.

Together, you and your team can work on a plan that:

- ✓ Is personalized or created just for you
- ✓ Is coordinated with other health care providers
- ✓ Connects you with your health care team

Working with your team may improve the quality of your health care and shorten the time it takes to get that care.

What can you do to help?

1. Be an active team player

- Talk with your team about your health questions.
- Share your past health care successes and challenges.

Tell your team about other health care professionals who care for you.
Tell your team how you feel about the care you are getting from them.

2. *Take care of your health*

Follow the health care plan you and your team have talked about.

Make sure you understand how to follow the plan.

Set goals you can reach.

Once you begin to see results, you and your team can discuss adding new goals.

3. *Talk openly with your team*

Tell your team if you are having trouble sticking with your care plan.

Speak up if your care plan is not working.

Tell your team what is not working so together you can make changes if needed.

During your appointment, use this handy checklist.

- ✓ Write down the names of your team members.
- ✓ Use a list of questions you've written down. Ask your most important questions first. Even if you cannot get all of your answers on the first visit, having a list will help you keep track of the answers.
- ✓ Talk with your team about what health issue to work on first.
- ✓ Use your own words to repeat back the things you've discussed with your team. This way, both you and your team will know the information is clear.
- ✓ Ask your team about how to reach them after hours.
- ✓ Before you leave the office, be sure you know the things you need to work on before your next appointment.



Welcome, we are your



The American Academy of Pediatric Dentistry (AAPD) and the American Dental Association (ADA) encourage the **DENTAL HOME** concept, where a child's parent cultivates a relationship with a pediatric dentist for their children.

Children who have a dental home are more likely to receive appropriate preventive and routine oral health care, thereby improving families' oral health knowledge and practices, especially in children at high risk for early childhood caries.¹

The more a child visits the dentist, the more likely they will be to have a positive impression of dental visits as they grow up, and they will be less anxious about dental visits in general. Additionally, the earlier a child visits the dentist the more complete preventative care they will receive. This will ideally result in healthier teeth during their childhood years, which will then extend into healthier teeth during adulthood.

Having an established dental team, which usually consists of a pediatric dentist, hygienist and support staff, allows a core group of dental professionals to better treat a child. Because the dental team has been involved in a child's oral health from the start, they can help improve the child's growth and development, and other changes within the mouth.

Dental Home at Suncoast

The Suncoast dental teams are trained to be your child's dental home. This means that our teams will ensure your child's oral health care is offered to you in a continuously accessible, coordinated, and family-centered way.

¹ Thompson CL, McCann AL, Schneiderman ED. Does the Texas First Dental Home program improve parental oral care knowledge and practices? *Pediatr Dent* 2017;39(2):124-9.