

# Bridging to Adulthood Tips: Dental

## Finding a dentist 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	
<b>Toronto, ON</b>	<p><b>Sunnybrook Health Sciences Centre</b> <a href="https://sunnybrook.ca/content/?page=dept-dent-home">https://sunnybrook.ca/content/?page=dept-dent-home</a> 416-480-4436</p> <p><b>Mount Sinai Hospital</b> <a href="https://www.mountsinai.on.ca/care/dentistry/clinics-and-programs/special-care-dentistry">https://www.mountsinai.on.ca/care/dentistry/clinics-and-programs/special-care-dentistry</a> 416-586-5010</p> <p><b>Toronto Rehabilitation Institute Dentistry</b> <a href="https://www.uhn.ca/TorontoRehab/Clinics/Dental_Service#about">https://www.uhn.ca/TorontoRehab/Clinics/Dental_Service#about</a> 416-597-3422 ext. 3048</p>
<b>London, ON</b>	<p><b>London Health Sciences Centre</b> <a href="https://www.lhsc.on.ca/department-of-dentistry/department-of-dentistry">https://www.lhsc.on.ca/department-of-dentistry/department-of-dentistry</a> 519-663-3451 or 519-685-8263</p>

<b>Ottawa, ON</b>	<b>The Ottawa Hospital</b> <a href="https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/clinics-and-services/dental-clinic/">https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/clinics-and-services/dental-clinic/</a> 613-761-4084
<b>Patients with Mental Health Needs</b>	
<b>Toronto, ON</b>	<b>Centre for Addiction and Mental Health</b> <a href="https://www.camh.ca/">https://www.camh.ca/</a> Must be an existing CAMH client. Speak with your provider.
<b>Whitby, ON</b>	<b>Ontario Shores Centre for Mental Health Sciences</b> <a href="https://www.ontarioshores.ca/about_us/a-z/dental_clinic">https://www.ontarioshores.ca/about_us/a-z/dental_clinic</a> For inpatients only.

## How do I pay for adult dental services?

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

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.