

## **Using Incremental Desensitization Behavioral skills Training for Caregivers to Promote Compliance with Home Hygiene in Adult Patients with IDD**

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People with Intellectual and Developmental Disabilities (I/DD) experience increased poor oral health as they age across their lifespan. This progressive health disparity is characterized by increased incidence of caries and periodontal disease resulting in loss of teeth and inability to maintain a normal diet. These comorbid factors contribute to systemic inflammatory response resulting in cardiovascular, respiratory, and other diseases impacting mortality. The purpose of this study is to assess if incremental oral hygiene graduated exposure skills training will be successful in motivating caregivers of adults with I/DD to implement a practical method to improve cooperation for oral hygiene. This is a proposed three-hour training with a pre-test and post-test to educate caregivers about oral hygiene and determine their knowledge, attitude, and motivation to improve home oral hygiene. There is no follow up or monitoring of caregiver performance. IRB approval of this study is pending.

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