

# How To Use This DVD

## Growing Old With a Smile: Oral Care for Older Adults in Long-Term Care

Length: 45:00

Closed Caption (CC)

### For use of Viewing on a PC

If you choose to use the DVD in your PC, you must have a video player installed on your computer, either **Windows Media Viewer** or **Real Player**.

Use the mouse to click on the Menu buttons corresponding to the button names, as listed in the explanation to the right.

### Main Menu

Select **1 Entire Video** button to view the video in its entirety.



If you wish to view specific sections of the video, select one of the three main subject categories:

- 2 Introduction**
- 3 Oral Cares**
- 4 Summary**

### Oral Cares 1

There are two additional menus for **Oral Cares**. Select **1 Play All Cares** to view this section in its entirety.

**6 Main Menu** takes you back to the first menu.



This menu allows you to select a specific topic in the **Oral Cares** section. In Menu 1, choose to view:

- 2 Oral Care Overview**
- 3 General Hygiene**
- 4 Checking the Resident's Mouth**
- 5 Routine for Natural Teeth**

For other **Oral Cares** topics, select:

- 7 More Selections**

### Oral Cares 2

Select to return to the **6 Main Menu**.

The **7 Oral Cares 1** takes you to the previous menu.



In Menu 2, choose to view:

- 1 Flossing the Teeth**
- 2 Brushing Full or Partial Dentures**
- 3 Use of Denture Adhesives**
- 4 Managing Difficult Situations**
- 5 Unconscious or Bedridden Patients**

### For use with a DVD Player & Remote

Use the **number pad** and click on the number that corresponds to the button name, as listed in the explanation to the left.

If the numbers pad on your DVD player does not respond, use the **arrow keys** to highlight and select the section you wish to view.



### An informational Workbook

Included on this DVD disk is a **Workbook** that features a copy of the video script, as well as other helpful resources. To access the Workbook, insert the disk into the computer's DVD drive.

**PC Users:** From the **Start Menu**, select **Computer**, or from your desktop select **My Computer**, or just open **Windows Explorer**.  
**MAC Users:** Select **MAC Finder**.

Next, click on the icon labeled **MDH Oral Care**.

Next, click the folder labeled **Workbook**.

Finally, click on the .pdf file labeled **Oral Workbook**.

If you receive a **"file type not found"** message, Adobe Reader is not installed on your system. A free download is available at <http://get.adobe.com/reader/>