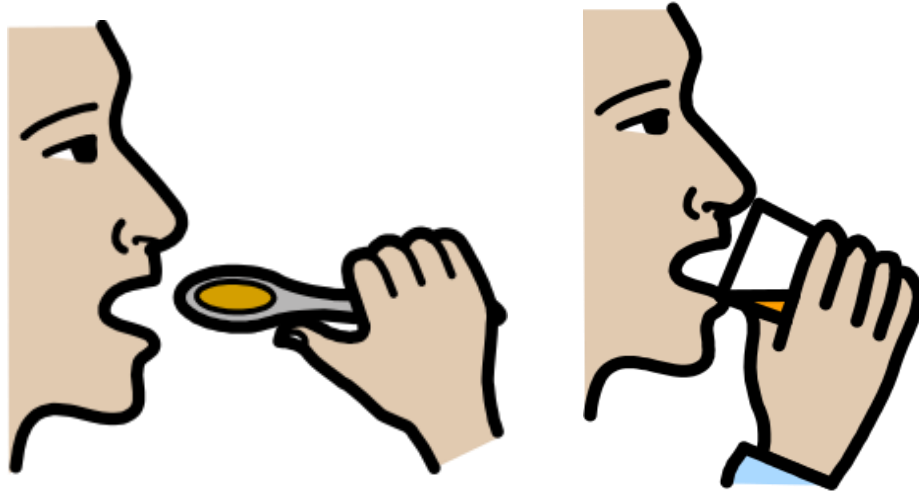
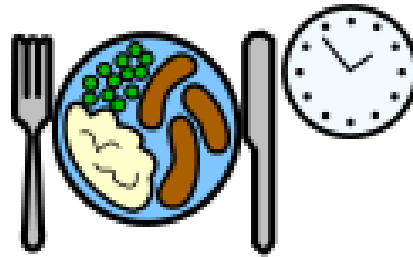
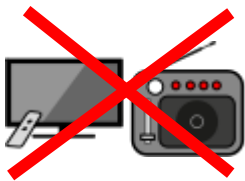


Safe Swallowing Guide





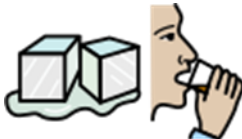
General Strategies for Safer Mealtimes



Try to keep mealtimes as calm and free from distractions as possible e.g. turn off the tv or radio



Individual must be alert for all oral intake. Support the individual to sit in as upright and midline a position as possible for them; ideally 90 degrees at the hips with head in midline position



Offer a cold drink prior to every meal to stimulate the swallow before eating



Encourage the individual not to talk whilst eating



If feeding someone make sure the person has swallowed before offering another mouthful; ensure the mouth is clear



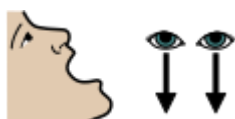
Use verbal prompts to encourage the individual to eat at a slow pace and not overfill their mouth



Encourage individual to have a sip of a drink between each mouthful but do not use this to wash the food down



Cut up food into small pieces as appropriate/advised - cut lengthways instead of round to reduce risk of blocking airway for certain items, e.g. grapes, bananas, carrots and sausages



Check mouth is clear at the end of the meal



Encourage individual to sit upright for at least 30 minutes after eating



Regular thorough mouth care **AT LEAST** twice daily using a toothbrush and toothpaste. Some people may require non-foaming toothpaste.



Monitor for signs of aspiration/airway penetration (“food/drink going down the wrong way”) i.e. coughing, choking, wet/gurgly voice, increase in breath rate, throat clearing, bubbly sounding chest. Please contact GP and speech and language therapy if observed.



Assistance and supervision as needed/ requested by speech and language therapist

Information regarding food and fluid modification can be found at the following website:

<https://iddsi.org/resources/>

If you require any further advice or information, please do not hesitate to contact the Speech and Language Therapy Team.



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