

BEFORE MEAL CHECK

Before feeding someone, here are some questions that you must be able to say 'YES' to ...

IS THE PERSON AWAKE AND ALERT?

If the person is asleep and you cannot wake them **DO NOT FEED NOW**



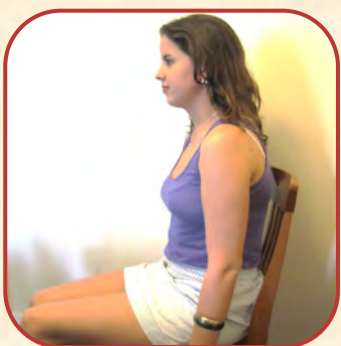
DOES THE PERSON WANT TO EAT?

If the person is refusing to eat, this means they are not ready **TRY AGAIN LATER**



IS THE PERSON SITTING CORRECTLY?

See the Feeding Position poster. Make sure the person sits correctly **FOR THE WHOLE MEAL**



DURING THE MEAL

What might be going wrong if the person is coughing or choking while they eat?

IS THE PERSON TALKING OR LAUGHING WHEN EATING?

Stop the person from doing this, as it disrupts breathing when swallowing



IS THE PERSON TAKING BIG MOUTHFULS?

Get the person to take smaller mouthfuls as this will help them control the food better



IS THE PERSON'S MOUTH CLEAR OF THE LAST MOUTHFUL BEFORE THEY HAVE THE NEXT?

Allow plenty of time between mouthfuls. Clear the mouth with a drink of water

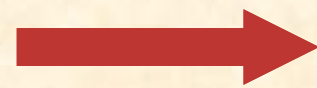


Some foods are easier to eat than others. Soft foods are easier to chew and swallow. Less energy is needed to eat them. The food that you eat can be cooked differently to make them softer. Here are some different ways to cook the same foods.



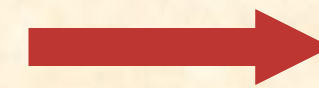
Harder to Eat

Steak with potato wedges & steamed vegetables



Easier to Eat

Beef casserole with boiled vegetables



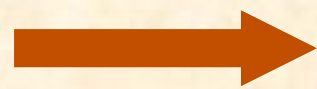
Easiest to Eat

Savoury mince with well cooked pasta



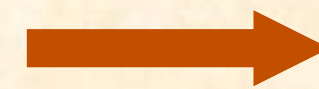
Harder to Eat

Crumbed fried fish with chips



Easier to Eat

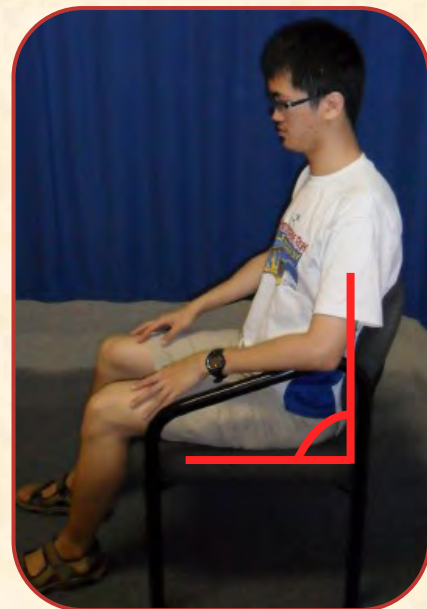
Pan fried fish with boiled vegetables



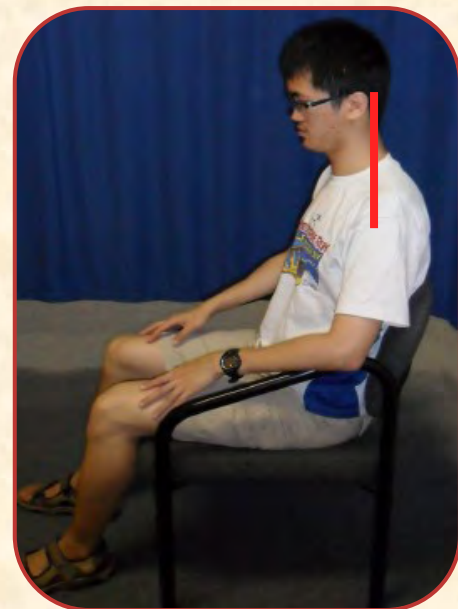
Easiest to Eat

Steamed fish with mashed potatoes, well cooked vegetables & sauce

WHEN EATING & DRINKING



Sit upright
(90°)



Keep head, neck &
shoulders in line



Tilt chin
slightly downward

AFTER EATING & DRINKING



Sit upright for
20 - 30 minutes

POSITIONING STRATEGIES

1

Keep food &
drinks within
reach



2

Use pillows
to support
the person



3

Find the best way
to stop the head
from moving



SIGNS THAT EATING IS NOT GOING WELL



Gurgly voice or
noisy breathing



Coughing
or gagging

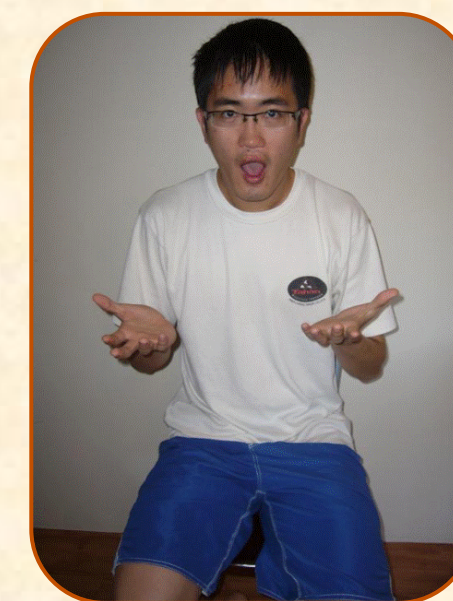


Feeling like food is
stuck in throat

SIGNS THAT IT IS AN EMERGENCY

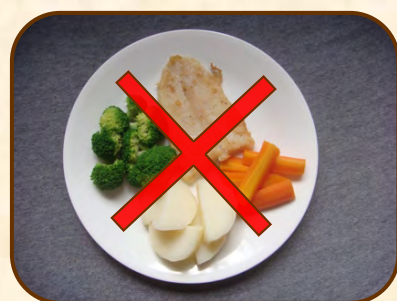


Changes in
colour of face



Unable to talk

WHAT TO DO WHEN THERE ARE SIGNS OF DIFFICULTY



Stop all feeding
and eating



Cough
strongly



Sit upright
and rest for



Get help
from nurses
if it is an
emergency



Difficulty
breathing



Loss of
consciousness