



My eating and drinking matters

Back to basics: care for people who have difficulties with eating and drinking

2 KNOW ME WELL

- Listen to me
- Give me a choice
- Know how I communicate
- Know what I like and dislike
- Know what is safe for me
- Know what equipment I need

1 BE POSITIVE

- You can help me by:**
- Giving me time
 - Encouraging me to be independent
 - Talking to me about what I am having and how I am doing

3 MY MOUTH NEEDS CARE

Please check that:

- My lips are pink and moist
- My mouth and teeth are clean
- I don't have ulcers or mouth infection
- My teeth are in good condition
- My dentures fit



4 MY ENVIRONMENT MATTERS

You can help me by:

- Checking I am relaxed and comfortable
- Checking I am not distracted
- Helping me to concentrate
- Sitting at the same level as me
- Giving me your whole attention

5 GET ME READY TO EAT AND DRINK

You can help me by:

- Checking I am awake and alert
- Checking I am sitting upright
- Checking I am ready to eat or drink

6 KEEP ME SAFE

You can help me by:

- Discouraging chat during the meal
- Ensuring I remain sitting upright for half an hour after the meal

Alert a healthcare professional if there is a change in:

- Coughing or choking
- Voice sounds wet or gurgly
- Breathing changes
- Food stays in the mouth when meal is finished

