



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

