



# 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

