

Suggestions for Safe Feeding

POSITIONING

- Ensure that the person is sitting upright when eating or drinking.
- Sit at eye level with the person being fed.
- Ensure the person remains sitting upright for at least 30 minutes after eating or drinking.

TEXTURES/CONSISTENCIES

- Moisten food with gravy/sauces before feeding, if necessary.
- Avoid giving the person foods or liquids they appear to have difficulty swallowing.

FEEDING TECHNIQUES

- Encourage small sips of liquid and small bites of food at a time when eating.
- Encourage the person to chew food well before swallowing.
- Ensure that the person has swallowed what is in their mouth before giving more food or liquid.
- Alternate between giving the person bites of food and sips of liquid.
- If the person starts coughing on food or liquid, discontinue feeding and try again later.
- Discourage the person from talking when they have food or liquid in their mouth.