

# Safe Swallowing Recommendations

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Liquid: \_\_\_\_\_

**Medication**

- No Medication
- Whole 1 at a time with LIQUID/FOOD
- Crushed in puree (apple sauce/ pudding) - if not contraindicated
- Via alternative methods

**Level of Assistance**

- Independent
- Set-Up
- Needs verbal cues
- General Supervision
- Direct Supervision
- One-on-One Assist

**Set-Up**

- Must eat in Day Room
- Up in chair 90 degrees
- No distractions
- Needs someone to eat
- Eat up solids
- Open Containers

**Safety Recommendations**

- Small sips/spoons
- Slow rate
- Alternate liquids/foods
- Swallow liquid with each bite/sip
- Place food on the LEFT side??
- Check for gagging on LEFT side??
- Chew food



# Swallowing Guidelines

**G Psacharopoulos**



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