

Let's talk about Safe Mealtimes

Remember it is always better to be safe than sorry
If you see the signs you must do something, your actions could save a life.

1. Does everyone have a mealtime support plan? If not, do you know who needs one?
2. Do you know where to find a person's mealtime support plan?
3. Who needs to have access to the person's mealtime support plan?
4. Is there anything getting in the way of you following the steps in the Safe Mealtime poster?
5. Have you noticed anything different or something that concerns you when supporting someone during mealtimes?
6. Is it time to review their mealtime support plan?
7. Who would you talk to about this?
8. What action would you take next and how would you document this?
9. How would you make sure actions have been followed up?

Actions:

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NOTE: This is an important area of support. Consider further training or professional development by a speech pathologist.



Always follow the person's mealtime support plan

1. Check the person is alert and sitting as upright as possible
2. Offer small amounts of food
3. Wait for food to clear from the person's mouth before offering more