

Safe Meal Times

Always follow the person's mealtime support plan

Before you start remove any unnecessary distractions

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

Never leave people alone while eating or drinking



IF YOU OBSERVE

- Difficulty swallowing
- Choking or gagging
- Persistent coughing
- Bringing food back up
- Wet 'gurgly' sounding voice or breathing

**Call ambulance
000**

**Nurse on Call
1300 60 60 24**

**Other important
numbers**
