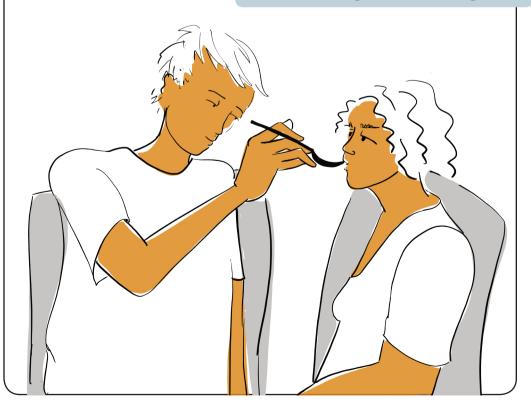
## Safe Meal Times

Always follow the person's mealtime support plan

**Before you start** remove any unnecessary distractions

- Check the person is alert and sitting as upright as possible
- Offer small amounts of food
- 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

П			
			_
			-
			L

