

Safer Swallowing Techniques

Unsafe



- ✗ Food scraped onto upper teeth
- ✗ Person has not closed mouth before spoon removed

Safer



- ✓ Spoon placed flat onto tongue
- ✓ Wait for lips to close



- ✗ Head back. Airway open
- ✗ Risk of food/drink entering airway
- ✗ DO NOT stand when assisting



- ✓ Head is upright or looking slightly down
- ✓ Remind person to look down when swallowing (**chin tuck**)

Positioning for Mealtimes

Unsafe



X Bed re-positioned, person not moved and remains slumped



X Person still lying down



x Person slumped in chair

Safer



- ✓ Bed upright
- ✓ Person re-positioned upright
- ✓ Person supported with pillows



- ✓ Feet on floor
- ✓ Upright in supportive chair