

HOW SPEECH PATHOLOGY CAN SUPPORT YOU WITH



EATING AND DRINKING

TABLE OF CONTENTS

What is Dysphagia? 01

Mealtimes 02

Tube Feeds 03



WHAT IS DYSPHAGIA?

- Dysphagia is **difficulty swallowing**.
- Dysphagia can occur at different stages of swallowing including in the **mouth, throat and oesophagus**.
- Dysphagia can be caused by:
 - Stroke
 - Traumatic brain injury
 - Brain cancer
 - Progressive neurological conditions



I NEED HELP WITH...

MEALTIMES

"I am having difficulty eating and drinking"

"Mealtimes are long and tiring for me"

"I am coughing or choking during meals"



SPEECH PATHOLOGY CAN...

1 **Assess** your difficulties and **help you understand** why you are having trouble with your eating, drinking or swallowing.

2 Provide you with **strategies to help manage** your difficulties so you can **feel more confident** eating and drinking.

3 Provide you or your supports with a **Mealtime Management Plan**.

4 Provide you with **exercises** that will help to improve your swallowing.



SPEECH PATHOLOGY CAN...

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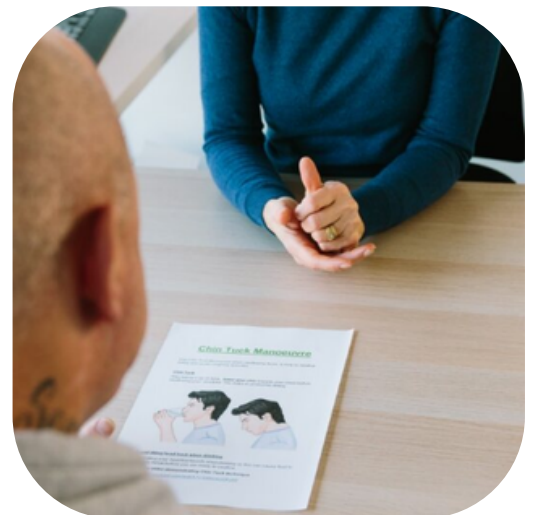
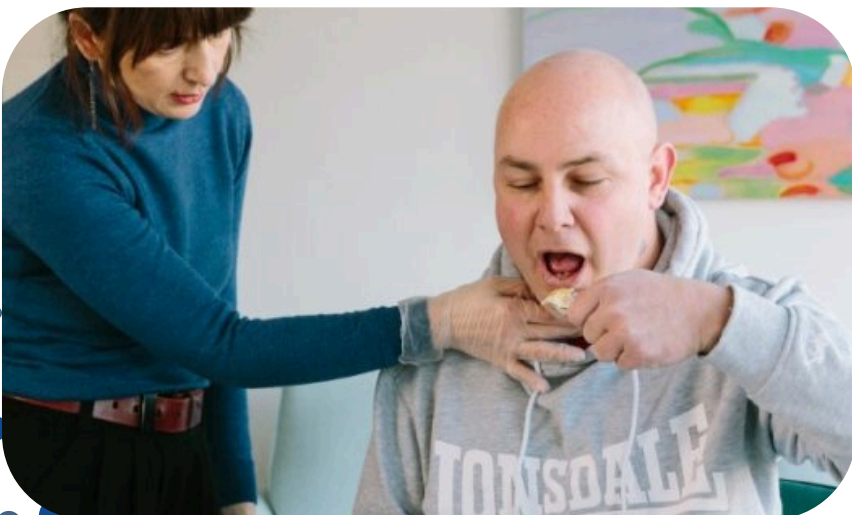
Communicate with the people around you to make sure they are doing all the right things to help you manage your problems.

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Organise a **Videofluoroscopic Swallow Study (VFSS)** to understand more about your difficulties.

7

Refer you for additional investigations if needed.



I NEED HELP WITH...

TUBE FEEDS

“I would like to be able to taste some things for pleasure”

“I am being tube fed but would like to try swallowing something orally”



SPEECH PATHOLOGY CAN...

- 1 **Assess your swallow** to determine your swallowing difficulties.
- 2 Complete **food trials** to make recommendations on a **tailored diet**.
- 3 Organise a **Videofluoroscopic Swallow Study (VFSS)** to understand more about the cause of your difficulties.
- 4 Provide you and your support team **strategies to ensure safety** with oral intake.
- 5 Provide you with recommendations about who else might be able to help you.



Contact

ONE Rehabilitation Service

65 Anzac Highway, Ashford SA 5035

08 7226 3223

www.onerehabilitationsservice.com.au

[referrals@ onerehabilitationsservice.com.au](mailto:referrals@onerehabilitationsservice.com.au)