

Think **SWALLOW** to help support safer eating and drinking

S

**Safe & Supported.
Positioning**

Are my head and body in a centred, upright position?

W

What's my Environment like?

Where is the most suitable environment for me to eat? Can distractions be reduced?

A

Alertness

Am I alert enough to safely eat/drink? Do I stay alert throughout the meal?

L

Level of Assistance

Can I eat and drink independently? Do I need supervision, prompts or full assistance?

L

Look for Food/Fluid Recommendations

Do I currently have IDDSI level or other recommendations from SLT? Is there a pink sheet from SLT?

O

Oral Hygiene

Is my mouth clean and healthy? Do I need oral care between meals?

W

Watch and Wait

Is the pacing of eating /drinking right for me? Are you watching and waiting for me to swallow?