

Managing Your Condition

Aspiration Precautions

Tips for Safe Eating and Drinking:



Clean your mouth before and after meals. Make sure your mouth is clean and moist before starting your meal. When you are finished, clean your mouth again. Make sure there is no food around the teeth or stuck in your cheeks.



Be alert. Eat, drink, and take your medications only when you are alert and paying attention.



Reduce distractions. Turn off the TV and reduce distractions while you are eating and drinking.



Sit upright. Sit fully upright for your meals and to take your medications. It's best to eat and drink while sitting in a chair, unless your healthcare provider gave you other positioning instructions.



Stay upright. Stay fully upright for at least 30 minutes after a meal. You may also need to avoid eating 1-2 hours before bed.



Stay active. Exercise as directed by your healthcare provider. Staying active helps your lungs stay clear.



Keep your lungs clear. Ask your doctor to recommend other therapy or devices to help you with the strength of your cough and the overall clearance of your lungs.

My Personalized Swallowing Guide

Level of Supervision or Assistance Needed: *(check the level that applies)*

- Independent:** You can eat and drink by yourself, following the safe swallow strategies recommended by your speech-language pathologist.
- Set-up:** You can eat and drink by yourself after the food and drinks are set-up for you. You may need verbal or written reminders to use your safe swallow strategies.
- Distant supervision:** For your safety, make sure someone is close by when you are eating and drinking.
- Close supervision:** You need help throughout the meal with occasional supervision and/or assistance to help you feed yourself safely.
- 1:1 assistance:** You need help throughout the meal with constant supervision and assistance to help you eat and drink safely. The assistance may be hand-over-hand help to use the cup and utensils or it may be having someone feed you.

My Current Diet:

Liquids:

How I Take Medications:

Positioning for Safer Swallowing:

My Safe Swallowing Strategies:

Special Precautions: