

## Latest publications

# Eating, drinking and swallowing

A guide for carers of people living with a dementia



**HSC** Public Health Agency

**Swallow Aware**

**I have difficulties eating,  
drinking or swallowing and might be  
at greater risk of choking.**

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## Improving experience for customers with swallowing difficulties (dysphagia)

### Top tips for hospitality

Some people have difficulty eating, drinking or swallowing. This is also known as 'dysphagia'. This can affect their quality of life as socialising in restaurants, cafes and pubs may be stressful, challenging and potentially unsafe.



Eating, drinking and swallowing difficulties can affect people with a range of medical conditions, including cancer, dementia, mental health conditions, Parkinson's and learning disabilities, and it can affect children, young people and adults. People who live with dysphagia are at higher risk of food or drink going into the airway, excessive coughing, chest infections and choking.

In the hospitality sector, you can play a vital role in improving quality of life for people who have eating, drinking and swallowing difficulties and we would like your help. When you customer has a good experience they will tell others and come back again!

**Little and Often**

Have a regular meal and snack routine - try not to miss or skip meals

Eat small, frequent meals and snacks, and take nourishing drinks in between meals

Have drinks separately from meals, as they can fill you up too quickly

Have a pudding once or twice a day

Snacks in between meals can help to boost your energy intake

**Enriching your Food**

Choose full fat/full cream foods instead of low fat / low sugar types eg. creamy yoghurts, whole milk

Add sugar, jam, honey, milk powder or cream to porridge, breakfast cereals or puddings

Use butter in sandwiches or with crackers or plain biscuits

Add butter, cream and/or grated cheeses to mashed potato, vegetables and pasta dishes

**Nourishing Drinks**

Milk is full of nutrition. Try to have 1 pint of milk each day

To make fortified milk add 4 tablespoons of milk powder to 1 pint of milk. This can be used on cereals, in sauces, to make custard and in drinks eg. Hot chocolate / Cocoa, Coffee / Cappuccinos, Malted drinks, Milkshakes / Smoothies

Powdered supplements such as Complian, Meritene Energis, Aymes Retail and Nurishment are available from most supermarkets and pharmacies and can be used between meals. They should not be used to replace meals.

**Other Helpful Tips**

If preparing food is difficult, try ready meals, a meal delivery service or ask friends and family for help in shopping, preparing and cooking meals.

Ideas for your store cupboard

Long life milk, tinned meat or fish, tinned / packet soups, baked beans, tinned fruit and vegetables, breakfast cereals, biscuits, crackers, tinned milk puddings, hot chocolate

Ideas for your freezer / icebox

Potato waffles, oven / microwave chips, fish fingers / cakes, breaded chicken / goujons, ready to cook burgers, ready meals



# WE WANT TO HEAR FROM YOU

Moving towards Normalised Visiting in Care Homes in Northern



As we continue to deal with the challenge of the COVID-19 Pandemic in Northern Ireland it is recognised there is a need to continually review visiting in Care Homes - balancing the need for families to spend quality time together.

We want to hear what matters to you in relation to moving towards normalised visiting in and out of the Care Home.

You can access the survey at

<https://bit.ly/3sG1ula>

Or request a printed version by calling

**02895 362869** or email **10000morevoices@hsc.ni**

This project will close 9th April 2021. We want to know what is most important to you and what concerns you may have about visiting in and out of our Care Homes



## Advice for staff supporting

### People may have trouble with eat develop COVID-19

- The difficulties may present as increased
- When we eat and drink we need to be ab
- At the point of swallowing we automatical
- If a person has COVID-19 symptoms or g  
more difficulty coordinating breathing and
- This may increase the person's risk of asp
- Aspiration may increase the person's risk

### When people are unwell during CO make it harder for them to eat an

- Coughing or shortness of breath
- Chest infections or nasal congestion

# Hard to s

Difficulties eating, c  
can have a huge imp  
life. Speak to your C  
one experience any  
or after swallowing

• Chestiness with

# Personal & Public Involvement Forum

Annual Report 2018/19



## Personal and Public Involvement (PPI) Involving you, improving care

 Health and  
Social Care

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 Public Health  
Agency



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