

SWALLOWING AWARENESS DAY | 13 MARCH 2024

HOW SPEECH AND LANGUAGE THERAPISTS CAN HELP WITH EATING, DRINKING AND SWALLOWING DIFFICULTIES

- Completing detailed and accurate assessments
- Providing an accurate diagnosis of dysphagia, which may assist with diagnosing other conditions
- Balancing risk factors with quality of life, taking into account the individual's preferences, culture and beliefs
- Working with other health professionals, particularly dietitians, to optimise nutrition and hydration
- Improve swallowing through oral motor/sensory exercises, swallow techniques, biofeedback and swallow stimulation

#SWALLOWAWARE2024

FIND OUT MORE AT [RCSLT.ORG/DYSPHAGIA](https://rcslt.org/dysphagia)

