

EATING, DRINKING AND SWALLOWING DIFFICULTIES: WHAT CAN BE DONE TO HELP?

- Exercises can help improve the timing, strength and coordination of the muscles we use to swallow.
- Strategies/postures can sometimes be used to help make swallowing easier.
- Modifying the texture of food or drinks can sometimes make eating and drinking easier.
- There are both benefits and potential drawbacks to think about when considering the use thickened fluids for drinking or swallowing difficulties (be sure to seek advice from your speech and language therapist).

#SWALLOWAWARE2024

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