

# HOW SPEECH AND LANGUAGE THERAPISTS CAN HELP PEOPLE 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, considering the individual's preferences, culture and beliefs
- Working with other health professionals, particularly dietitians, to optimise nutrition and hydration
- Improve swallowing through exercises, swallow techniques, feedback and stimulating the swallow.

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

**#SWALLOWAWARE2026**