

Swallowing Awareness Day



Dysphagia: What can be done to help?



- Exercises can sometimes help to improve the muscles we use to swallow.



- Strategies/postures can sometimes be used to improve the safety of the swallow.



- Thickening fluids can sometimes make drinking safer.



- Altering the texture of the diet can sometimes make eating safer.

For more information, visit www.rcslt.org