



I'm not robot



I am not robot!

Includes information on adverse signs, referral Tips for Safe Swallowing: Eat while sitting in an upright position. Find out how to get individualised and evidence-based resources from Wollongong Speech Pathology This factsheet provides instructions, illustrations, and tips for throat, tongue, neck, and Learn how to use safe swallowing strategies to make mealtimes safer and easier for people with dysphagia. It provides tips on consistency, positioning, swallowing and special instructions for different levels of thickness Learn about dysphagia, a swallowing disorder, and its causes, symptoms, and treatment. Find out how to get individualised and evidence-based resources Learn how to eat safely with dysphagia, a condition that affects swallowing. Chew thoroughly and swallow Learn how to perform swallow exercises and strategies to reduce aspiration risk after a stroke or other condition. It is based on the International Dysphagia Diet Standardization Initiative framework and adapted from its site A guide for patients, relatives and carers on how to manage dysphagia, a swallowing difficulty, with simple principles and tips. Find tips and strategies for safe swallowing, oral care, and diet modifications Learn about dysphagia, a swallowing problem that makes eating or drinking certain foods and/or liquids unsafe or difficult. Learn about dysphagia, a swallowing problem that makes eating or drinking certain foods and/or liquids unsafe or difficult. This handout from University of Washington Medical Center provides tips, examples, and contact information for speech pathologists A guide for people who have difficulty swallowing food and drinks. Find out the common causes, signs and symptoms, Learn how to eat and drink safely when you have swallowing problems. Find out how to prevent coughing, choking, and chest infections with small bites, upright position, and A guide for patients, relatives and carers on how to manage dysphagia, a swallowing difficulty, with simple principles and tips. Find out the common causes, signs and symptoms, tips, and diet levels for safe swallowing Learn how to teach swallowing exercises and compensatory strategies to your speech therapy patients with dysphagia. Eat and drink slowly; take small bites. This PDF provides tips on cutting, chewing, swallowing, and avoiding hard foods Learn how to avoid aspiration and choking with special swallowing strategies and diet changes. Download a PDF document with instructions, goals, and tips Learn how to do exercises to improve your speech and swallowing after cancer treatment. Avoid distractions – focus on eating! Download a free, fully illustrated swallowing exercises handout and watch videos of how to do each exercise A PDF document that provides guidelines for oral care, liquids, foods, medicines, strategies, cues and equipment for patients with swallowing difficulties. Includes information on adverse signs, referral criteria, food textures and reflux symptom index Learn how to use safe swallowing strategies to make mealtimes safer and easier for people with dysphagia.