Learn about swallowing problems

About Easy Read

Easier words with pictures to help explain some ideas.

Learn about swallowing problems

A plate of fruits and vegetables and a glass of water with ice.

Many people with intellectual disability have problems when they

- Eat
- Drink
- Swallow

This is called dysphagia.

This Easy Read resource tells you about swallowing problems.

It explains how doctors can help.

In Australia, if you have trouble breathing call Triple Zero 000

The guide says to call 111 if you have trouble breathing. But that is the number to call if you live in England.

Many people with intellectual disability have problems swallowing, eating and drinking.

This is known as dysphagia.

This Easy Read resource is about swallowing problems.

You can download a PDF guide that explains:

- causes of swallowing problems
- different types of swallowing problems
- things that happen when you find it hard to swallow
- how doctors can help with the problem.

In Australia, you should call Triple Zero 000 if you have trouble breathing.

The guide says that you should call 111 if you have trouble breathing. But that is the number to call if you live in the United Kingdom.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

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