

How to manage problems with eating, drinking and swallowing

About Easy Read

Easier words with pictures to help explain some ideas.

Managing problems with how you eat, drink and swallow.

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

Dysphagia affects how you:

- eat
- drink
- swallow

People with dysphagia are at risk of health problems getting worse.

They are more at risk of choking and breathing problems.

This fact sheet gives you information on what dysphagia is like.

It also tells you where to get help.

If you have dysphagia you can get help from:

- people who support you
- a speech pathologist
- other health care workers.

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

This Easy Read guide explains dysphagia. The guide says where you can go for help if you have problems eating, drinking or swallowing.

Signs of dysphagia include:

- trouble biting and chewing food
- coughing or choking when you eat or drink
- trouble breathing when you eat or drink
- not eating some foods because it is too hard.

If you have dysphagia you can get help from:

- people who support you, like family members or support workers
- a speech pathologist
- other health care workers.

We trust this resource

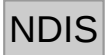
We trust this resource because it is:

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

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

This resource was made by

NDIS Commission

The 

NDIS stands for **National Disability Insurance Scheme**. It is an Australian government program that provides funding and support to people with a permanent and significant disability so they can live more independently and achieve their goals.

Commission registers and regulates NDIS providers. The Commission works with people with disability to improve the quality and safety of their NDIS supports and services. It is sometimes called the NDIS Quality and Safeguards Commission.

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