How to make meals safer for people who have trouble swallowing

What is dysphagia?

People with dysphagia have trouble swallowing. They might:

- struggle to bite or chew food
- cough or choke when they eat or drink
- have food or drink fall from their mouth.

Dysphagia can cause serious health problems if it is not managed well. People with dysphagia can get infections that make it hard to breathe. They can choke or die. They might not eat enough food to be healthy.

How can NDIS providers keep people with dysphagia safe?

The NDIS Code of Conduct says that anyone who delivers NDIS supports must offer safe care. NDIS providers must quickly make changes to manage problems like dysphagia. This helps keep people safe.

This practice alert says that NDIS providers should:

- teach workers about dysphagia symptoms and risks
- make sure people with dysphagia see a GP and speech pathologist
- make mealtime management plans for people with dysphagia
- talk about dysphagia in staff meetings
- watch people with dysphagia when they eat and drink to make sure they stay safe
- ask GPs to consider whether medications the person takes may worsen dysphagia.

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

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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