

Tip-sheet for caregivers

Eating and drinking for children and adults with severe disabilities

WHY?



prevent
choking



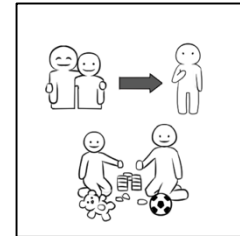
prevent
illness



energise



socialise



develop



sleeping

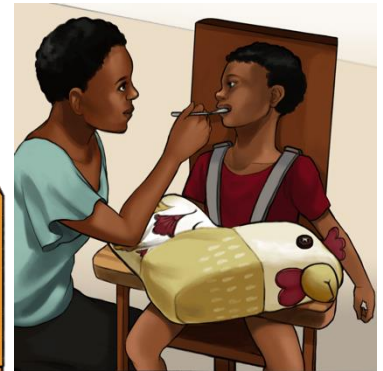
HOW?

- ✓ Tell the child/adult what you are doing while helping them eat
- ✓ Give time to chew and swallow
- ✓ Good supported positioning

X



✓

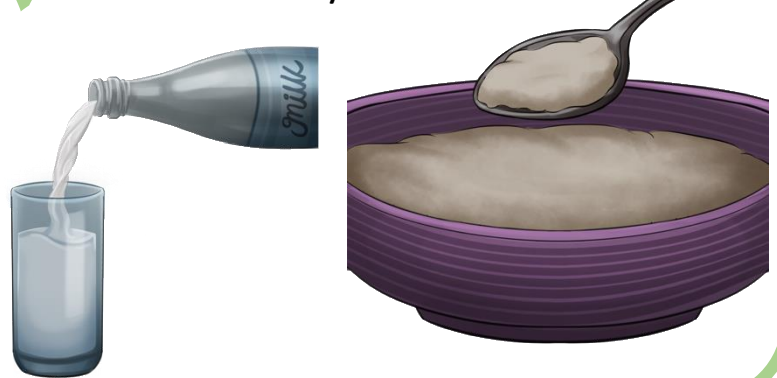


- ✓ Choose adequate food

X More difficult to eat/drink



✓ Easier to eat/drink



- ✓ Provide support and use adapted spoons, cups, ...



Use mouth control if necessary

WHAT?

- ✓ Give healthy, colourful food with a lot of calories



Non healthy food



Healthy food

- ✓ Wash hands before and after preparing food and eating



- ✓ Clean the teeth after eating/drinking



NOTES

Sit and move your hands is important to:

- prevent muscles to shorten [other word for contractures: limbs getting stuck ?]
- use your arms and hands
- interact with other people
- understand each other
- keep bones strong
- better sleep at night
- better blood flow to muscles and organs
- keep lungs strong to cough and make sounds
- eat and drink safely without choking
- better bowel movement: less constipation
- experience the world upright and learn from it, enjoy it