

## Who can help me?

MEALTIME ISSUE	SP	OT	Physio	Psych/ BSP	Dietitian	Nurse	Dentist	Medical
<b>Issues with physically eating/swallowing</b>								
distressed before, during or after eating								
gagging, coughing or choking								
needing help with modified diets or thickened fluids								
overfilling their mouth or trying to eat too quickly								
sucking their food/ holding it in their mouth for a long time before swallowing								
taking a long time to finish meals and/or fatiguing								
trouble chewing their food and tries to swallow food whole								
trouble drinking from a cup								
trouble managing their saliva and drools/ dribbles often								
trouble moving food around in their mouth								
trouble moving on to harder foods								
unable to feed themselves and dependant on others								
vomiting or regurgitating on a regular basis								

MEALTIME ISSUE	SP	OT	Physio	Psych/ BSP	Dietitian	Nurse	Dentist	Medical
<b>Issues with health related to eating or swallowing</b>								
'chesty', noisy breathers or have difficulty clearing phlegm								
diabetes or high cholesterol								
drinking excessive amounts of fluid								
eating less than half the meal								
eating/drinking too much or putting on too much weight								
extremely dry skin								
frequent chest infections or pneumonia								
frequent fluid-type bowel movements								
having trouble swallowing prescribed medications								
irregular, painful or infrequent bowel movements								
losing weight or not gaining weight								
lying down or has their head tipped back when eating								
needing help with modified diets or thickened fluids								
not eating or drinking as much as they usually would								
not positioned properly or problems with their seating position								
overweight or underweight								
passing urine that is dark in colour or has a strong odour								
problems with the gastrostomy site (e.g. red, leaking, infected)								
questions about giving medications through a gastrostomy tube								
receiving tube feeds and has not been reviewed in the last 6-12 months								
reflexes, spasms or adopting postures that are impacting on mealtimes								
reflux or symptoms of reflux e.g. bad breath, vomiting, pain at night when lying down								
unable to feed themselves and dependent on others								
Vitamin D deficiency								
Weak bones – recurrent fractures								
Weak teeth, bleeding gums								

MEALTIME ISSUE	SP	OT	Physio	Psych/ BSP	Dietitian	Nurse	Dentist	Medical
<b>Issues with health mealtime interactions</b>								
a fussy eater who has a limited diet								
no mealtime routine or consistency which is causing anxiety								
not motivated to eat at mealtimes								
not participating to their fullest at mealtimes								
obsessive or compulsive behaviours around food								
only eating foods with particular sensory characteristics (e.g. crunchy, spicy, white-colour)								
only eating in particular environments or with certain people								
overfills their mouth or tries to eat too quickly								
restricted practices (harnesses, locked cupboards etc) at mealtimes								
spitting food out								
stealing food or hiding food								
Suspected or diagnosed mental health issues which may impact on mealtimes e.g. depression, ADHC, schizophrenia								
taking a long time to finish meals and/or fatiguing								
throwing food or mealtime equipment								
verbally abusing carers and other people								

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<b>Issues with associated care at mealtimes</b>								
bad breath								
being fed by a new carer who is unsure how to best provide support								
being forced to eat or force-fed								
dry mouth and/or cracked lips								
following/ trying to follow a special diet e.g. gluten free, vegetarian								
having trouble swallowing prescribed medications								
having trouble with teeth brushing								
indicating pain in their mouth or head								
lips, tongue, throat or gums that are red and inflamed or ulcerated								
needing visual supports at mealtimes								
not following the recommended mealtime management plan								
not having positive and meaningful interactions with others at mealtimes								
not looking right in their specialised seating								
not sure what oral care equipment and products to be using								
problems with the gastrostomy site (e.g. red, leaking, infected)								
supposed to be on thickened fluids and they/family are having difficulties with this								
taking a long time to finish meals and/or fatiguing								
taking multiple medications and you are concerned of possible side effects								
teeth that are loose, broken or missing								
trouble using utensils e.g. spoon, fork, knife								

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