



**Celebrating  
partnership and  
involvement in  
Special Schools  
Conference**









# SWALLOW

**Difficulties eating, drinking or swallowing can have a huge impact on your quality of life.**

**Speak to a Healthcare Professional\* if you or your loved one has ever experience any of the following during or after swallowing**

\*A healthcare professional is a GP, Nurse, Speech and Language Therapist or Dietitian.

- Choking
- Chestiness without symptoms of a cold
- Coughing or gagging
- Pain or great effort
- Change in voice quality, e.g. 'wet' or 'gurgly'
- Food left behind in the mouth
- Changes in breathing, e.g. breathlessness or gasping
- High risk behaviours, like not chewing enough, overfilling the mouth, eating or drinking too quickly



Follow this link for more information <https://tinyurl.com/EDS-animation>

# **The Experience of Residential Care Home Residents**

Patient and Client Council and  
you about your experiences with

To access the survey visit:

**[www.surveymonkey.co.uk](http://www.surveymonkey.co.uk)**

Or if you would like to receive

**02895 36 286**



# Swallow Awareness

17 March 2021



# **PALLIATIVE CARE WEEK**

**9-15  
SEPTEMBER**



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