

What is Dysphagia?

Dysphagia describes eating, drinking and swallowing difficulties in infants, children and adults.

People with dysphagia often have other health conditions that they are being treated for, which can affect their eating, drinking and swallowing abilities (RCSLT 2023)

Remote video URL

Signs, symptoms and advice

- Roisin's story (October 2025)
- Fundamentals of care for eating, drinking and swallowing
- Recommendations for eating, drinking & swallowing document (REDS)
- Living with swallowing difficulties (Vimeo video)
- The Path to safer swallowing at mealtimes (A4 poster)
- Eating, drinking and swallowing A guide for carers of people living with a dementia
- Swallow aware (poster)

- Advice for people living with swallowing difficulties (dysphagia) and their carers
- Advice following a swallowing assessment (easy read version)
- Advice following a swallow assessment (A5 service user booklet)
- Children's swallow awareness (A3 poster)

Eating, drinking and swallowing service user/carer newsletter

June 2025 - Eating, drinking and swallowing newsletter for those living with dysphagia and their carers newsletter

March 2025 - Eating, drinking and swallowing newsletter for those living with dysphagia and their carers

September 2024 - Dysphagia NI service user/carer newsletter

June 2024 - Dysphagia NI service user newsletter

March 2024 - Eating, drinking and swallowing service user/carer newsletter

Training

Dysphagia NI has worked in partnership with the Clinical Education Centre to develop a Universal Swallow Awareness training package which aims to

- Describe what eating, drinking and swallowing difficulties mean, and their associated health risks.
- Identify possible signs of eating, drinking and swallowing difficulties.
- Explain how to support people with eating, drinking and swallowing difficulties.
- Discuss eating, drinking and swallowing safety and awareness.
- Recognise if someone is choking.

The training would be useful for people who are experiencing eating, drinking and swallowing difficulties, their families, healthcare staff who are not directly involved in the preparing food, serving food or assisting someone with dysphagia to eat and drink and the general public

Non-HSC Universal Swallow Awareness - Overview (hscni.net)

Healthcare professionals who are directly involved in the involved in the preparing food, serving food or assisting someone with dysphagia to eat and drink should access a targeted training programme which is available on LearnHSCNI Platform

Oral care

Oral hygiene advice for people with swallowing difficulties

Mouth care awareness video for people who care for adults with dysphagia

Medications

Finding your Medicines Hard to Swallow? <u>Swallow aware campaign</u>

PHA swallow aware, NI Formulary resource (infographic 3 poster)

Swallowing difficulties and thickening agents (NI Formulary)

Nutrition and hydration

Staying hydrated with eating, drinking and swallowing difficulties (poster)

Staying hydrated with eating, drinking and swallowing difficulties leaflet (A4 folded to A5)

Resource Food First for Dysphagia

Food and drink modifications

IDDSI - IDDSI Framework

IDDSI Level 3 snack table.pdf

IDDSI Level 4 snack table.pdf

IDDSI Level 5 snack table.pdf

IDDSI Level 6 snack table (002).pdf

IDDSI Level 7 Easy Chew snack table.pdf

Resource Food First for Dysphagia.pdf

Thickening drinks for people with swallowing difficulties

A guide to high risk foods for people with dysphagia

Thickened fluids clinicians briefing

Mealtimes matter

Mealtimes Matter is a regionally agreed framework to maximise service user safety and ensure a high-quality experience always occurs at every meal, drink and snack time.

- PHA mealtimes matter framework
- Mealtimes matter resources 1 (pagetiger.com)
- What is Mealtimes Matter?

Hospitality (Eating out)

<u>Swallow aware factsheet</u> - this factsheet aims to improve the experience for customers with swallowing difficulties (dysphagia) by providing top tips for hospitality

<u>Dysphagia awareness wallet card</u> - A wallet card has been produced for people living with dysphagia to use when they are eating out in restaurants, cafes and bars. The wallet card can be requested from your Speech and Language Therapist or by contacting dysphagiani@hscni.net

End of life care

Swallowing information for end of life care

Safety advice

Be safety aware with food and drink (A5 leaflet)

Be safety aware with food and drink (poster)

What is choking?

Theme of the month

July 2025 - Use of thickening agents with eating, drinking & swallowing difficulties

May 2025 - Fundamentals of care for eating, drinking and swallowing

April 2025 - The PATH to safe swallowing at mealtimes

March 2025 - Nutrition

February 2025 - IDDSI Explained

January 2025 - Signs & Symptoms of Dysphagia and Signposting Advice

December 2024 - High risk foods and Christmas

Dysphagia NI December - High Risk Foods and Christmas

November 2024 - Malnutrition

Dysphagia NI November - Malnutrition & Dysphagia

October 2024 - Get connected

Dysphagia NI October Theme of the Month - Get Connected

September 2024 - Oral care

<u>Dysphagia NI September Theme of the Month - Oral care advice for those caring for</u> adults with dysphagia

August 2024 - Hydration

<u>Dysphagia NI August 2024 - Theme of the Month - Hydration advice for those caring</u> for a person with dysphagia

July 2024 - Picnic and BBQ season

Summertime is also barbecue season (weather permitted!), therefore our first theme will be based around picnic and barbecue ideas/alternatives. Dysphagia NI July 2024
- Theme of the Month

Swallow Aware campaign

The Swallow Aware Campaign seeks to adopt a regional approach to -

1. Raise awareness of:

- the signs and symptoms of dysphagia
- the risks associated with dysphagia
- how and when to get a referral for specialist swallowing assessment by Speech and Language Therapy
- · how to support someone living with dysphagia

- 2. **Listen to understand the lived experience of people living with dysphagia** and their families / carers and engage them in the work taken forward as part of the Swallow Aware campaign. This will include building relationship with community and voluntary sector organisations.
- 3. **Working in partnership with the hospitality industry** to provide information to restaurants / bars and other food and drink outlets on how to help support people living with dysphagia.

How to get involved

If you have experienced swallowing difficulties or are a carer with experience in helping those with swallowing difficulties we would like to hear from you. Please click on the links below to find out more.

- Engage website
- Service user carer information pack

Useful links

RCSLT

IDDSI - IDDSI Framework

Print