

This page is dedicated to healthcare professionals who support patients with dysphagia.

## **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)

## **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.

## **Hospitality (Eating out)**

[Swallow aware factsheet](#) - this factsheet aims to improve the experience for customers with swallowing difficulties (dysphagia) by providing top tips for hospitality

[Dysphagia awareness wallet card](#) - 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](mailto:dysphagiani@hscni.net)

## **Training**

There are two levels of swallow awareness (dysphagia) training for staff.

- Training for staff NOT involved in food preparation, serving food or assisting people to eat and drink.
- Training module for staff who are directly involved in the care of people with eating, drinking and swallowing difficulties.

Both levels of training are available to access on the Learn HSCNI Platform  
[LearnHSCNI | Sign in](#)

## **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**

[Dysphagia NI September Theme of the Month - Oral care advice for those caring for adults with dysphagia](#)

## **August 2024 - Hydration**

[Dysphagia NI August 2024 - Theme of the Month - Hydration advice for those caring 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](#)

## **Signs symptoms and advice**

- [Roisin's story \(October 2025\)](#)
- [Fundamentals of care for eating, drinking and swallowing](#)
- [Recommendations for eating, drinking & swallowing document \(REDS\)](#)
- [Sharon's story \(video\)](#)
- EDS guide link [Eating, drinking and swallowing guide - PHA - EDS Guide PHA \(pagetiger.com\)](#)

- Care & Training Guidance [Dysphagia care and training guidance - 1 \(pagetiger.com\)](#)
- [Children's swallow awareness \(A3 poster\)](#)
- [Swallow Aware \(A3 poster\)](#)
- Observational checklist [Swallowing difficulties observational checklist](#)
- Dementia guide - [Eating, drinking and swallowing - A guide for carers of people living with a dementia](#)
- [PHA Swallow Aware Dysphagia Booklet](#)
- [PHA Swallow Aware Dysphagia Booklet Easy Read](#)

## **Nutrition and hydration**

[Staying hydrated with eating, drinking and swallowing difficulties \(poster\)](#)

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

[Nutritional guidelines and menu checklist for residential and nursing homes](#)

[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 SLT briefing](#)

## **Medications**

Finding your Medicines Hard to Swallow? [Swallow aware](#)

NI formulary website resource [PHA Swallow Aware \(infographic 3 poster\)](#)

NI Formulary [Swallowing difficulties and thickening agents](#)

## **Mealtimes matter framework**

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 \(hscni.net\)](#)
- [Mealtimes Matter Resources - 1 \(pagetiger.com\)](#)
- [What is Mealtimes Matter?](#)

## **Oral care**

[Oral hygiene advice for people with swallowing difficulties](#)

[Mouth care awareness video for people who care for adults with dysphagia](#)

## **Safety advice and incident reporting**

- PATH poster [PATH \(A4 poster\)](#)
- Adverse incident reporting trigger list [Adverse incident report relating to swallowing \(web\)](#)
- Be safety aware with food and drink A5 leaflet [Be Safety Aware With Food and Drink \(A5 leaflet\)](#)
- Be Safety aware with food and drink A3 poster [Be Safety Aware With Food and Drink \(A3 poster\)](#)

## **End of life care**

[Swallowing information for end of life care](#)

## **Dysphagia NI newsletters**

Newsletters

A regionally run news and information resource.

- June 2025 - [Dysphagia NI Newsletter for healthcare staff](#)
- March 2025 - [Dysphagia NI Newsletter for healthcare staff March 2025 Edition](#)
- September 2024 - [Dysphagia NI Newsletter for Healthcare Staff - September edition](#)
- June 2024 - [Dysphagia NI Newsletter Jun 24 Edition - 2 \(pagetiger.com\)](#)
- January 2024 - [Dysphagia NI Newsletter Jan 24 Edition - 1 \(pagetiger.com\)](#)
- October 2023 - [Dysphagia NI Newsletter October Edition - 1 \(pagetiger.com\)](#)
- July 2023 - [Dysphagia NI Newsletter - July 2023 \(pagetiger.com\)](#)
- Jan 2023 - [Dysphagia NI Newsletter -January 2023 Edition - 1 \(pagetiger.com\)](#)
- March 2022 - [Dysphagia NI Newsletter - March 2022 Edition 3 - 1 \(pagetiger.com\)](#)
- December 2021 - [Dysphagia NI Newsletter - December 2021 Edition 2 - 1 \(pagetiger.com\)](#)

- October 2021 - [Dysphagia NI Newsletter - October 2021 Edition - 1 \(pagetiger.com\)](#)
- June 2021 - [Dysphagia Ni E-Bite June 2021 - 1 \(pagetiger.com\)](#)
- March 2021 - [Dysphagia Ni E-Bite March 2021 - 1 \(pagetiger.com\)](#)

## **Brand guidelines and logos**

### **Logos**

The Swallow Aware logo is available to download below as a full colour jpg file, a black png version and a white (reverse out) png version. EPS files for use by designers and printers are also attached in a zip file below. Please consult the *Brand guidelines* below to ensure proper application when using the logos and contact the PHA if unsure of application.

[Swallow Aware logo black.png \(591×350\)](#)

[Swallow Aware logo colour.jpg \(591×350\)](#)

[Swallow Aware logo white.png \(591×350\)](#)

[Swallow Aware logos EPS](#)

[Swallow Aware brand guidelines](#)

## **Roles and responsibilities**

Roles & responsibilities booklet

[Your role and responsibility in supporting the safety of people with eating, drinking and swallowing difficulties](#)

## **Involving your service users**

[Dysphagia NI service user involvement](#)

[Print](#)