


Friday, 03 April 2026

[Allied Health Professions](#)



**Eating and Drinking with Acknowledged Risks (EDAR)**  
Information for service users and their care givers

Some people have difficulty eating, drinking and swallowing, which is called dysphagia. This can mean food and drink may go down the wrong way toward the lungs instead of the stomach. This is known as aspiration. It can lead to visible signs such as coughing and choking and other more serious complications, such as chest infections and aspiration pneumonia. Sometimes aspiration may be silent with no visible signs.

**What does EDAR mean?**

EDAR means that you (or your loved one) might decide it is best for you to eat and drink for comfort, pleasure and quality of life, despite the likelihood that you may experience coughing, choking, chest infections or pneumonia. This decision will be made following a discussion with you, your caregiver (if applicable) and care team. This might include a speech and language therapist (SLT), doctor, dietitian, physiotherapist, nurse, healthcare assistant and pharmacist.

Some people have difficulties eating, drinking and swallowing. This leaflet explains the potential risks and will help you and your family or carers come to a decision around continuing to eat and drink for comfort, pleasure and quality of life despite potential risks.

## Details

Format

A5, 4 page leaflet

Target group

For people with difficulties eating, drinking and swallowing and their carers

## Downloads

**Attachment****Size**

[Eating drinking swallowing with risk leaflet 0226.pdf](#) 362.01 KB

[Print](#)