



Feeding

When feeding someone who is unable to feed themselves, it is most important to remember that you must avoid feeding them if they are lying down flat as this will increase the risk of choking and aspiration. Also, do not feed someone who is not fully awake:

- Approach your loved one's mouth from below.
- Offer the patient food in small spoonfuls.
- Place food in the middle of their mouth, on the front third of the tongue, pushing the tongue down very gently and be sure that the patient has chewed thoroughly before swallowing. If they have difficulty swallowing, have them lower their chin to their chest. This action is often called "tucking the chin" and it allows for the food to be swallowed in a safe manner, preventing risk for aspiration by blocking the airways as the food is directed down the esophagus.
- As your loved one is eating, offer them sips of fluid between bites of food. Check to make sure the mouth is clear before giving another bite.
- Be sure to feed your loved one at a slow pace and to follow their cues for when they have completed their meal.
- Provide mouth care after the meal, checking for any remaining food in the mouth. Wear gloves if you need to remove food particles from your loved one's mouth.
- Have your loved one remain in an upright position for 20-30 minutes after a meal.

If you have any questions or concerns, please feel free to call the 24-hour number, 877-506-0149.