

Tips for Assisting Someone to Eat

Here are some general tips that may assist in feeding someone (specific recommendations may be required to meet the needs of the individual):

- Keep small amount of food per spoonful
- Provide breaks in between mouthfuls
- Provide thickened fluids only if prescribed
- Feed from the middle of the mouth or from the two sides of the mouth
- Let the individual see and smell the food before you start feeding
- Describe the food to the individual if he/she cannot see it
- Sit at eye level in front of the individual so he/she can see you
- Take time, do not rush the individual
- Ensure the individual's head is facing forward
- Ensure the mouth is empty before feeding the next portion
- Ensure the individual is upright for at least 20 mins after meals
- Feed only when the individual is fully alert
- Remind the individual to chew and swallow for food intake
- Do not force feed or pry open the individual's mouth
- Help the individual to put on dentures before eating as appropriate