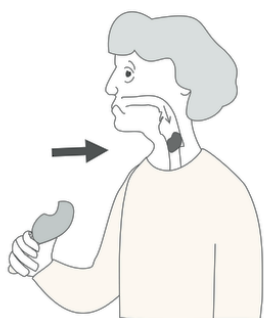
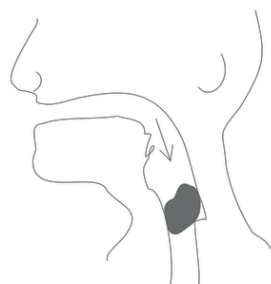


Eating and Drinking Accepting Risk

Aphasia friendly version



Some people have **problems with swallowing.**



This is called **Dysphagia.**



Dysphagia can happen for **lots of reasons:**

Stroke

Head Injury

Dementia

Other medical problems



If you have swallowing problems **food and drink** can go into the **windpipe and lungs**.



This is called **aspiration**.

Aspiration can be **dangerous** and can make you **unwell**.

Dysphagia can **cause**:

Chest infections

Choking

Malnutrition

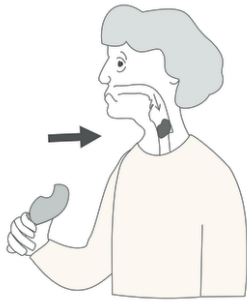
Dehydration

Weight loss

Reduced quality of life

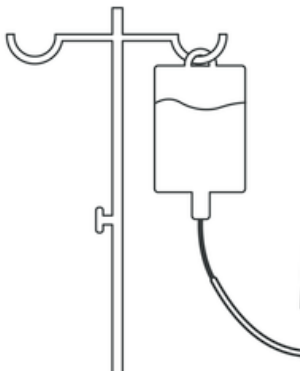
Death



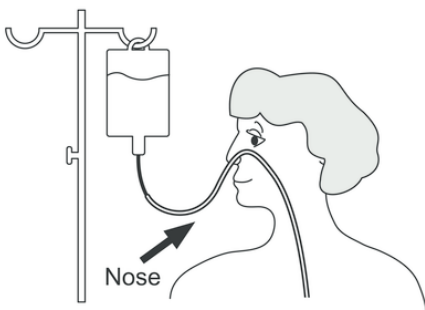


Some people might **always** have **swallowing problems**.

People can have **food and drink** in **other ways**:

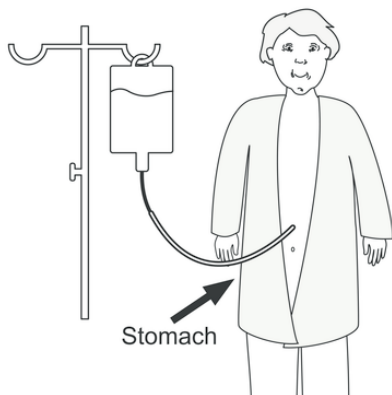


Intravenous (IV) fluids can give you extra **hydration** and some types of **medication**.



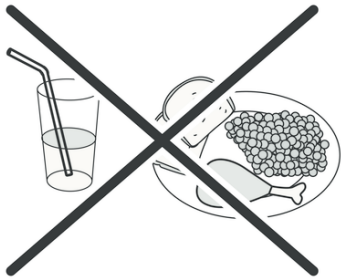
A **Nasogastric tube (NGT)** goes in through your **nose** and into your **stomach**.

This can give you **food, drinks and medication**.



A **percutaneous endoscopic gastrostomy (PEG)** goes straight into your **stomach**.

This can give you **food, drinks and medication**.



This is called **Alternative Nutrition and Hydration**.

This is **not the best choice** for everyone.



People might choose to **eat and drink accepting risk**.

This means you **can eat and drink knowing it may go into your lungs**.



There are **lots of reasons** someone might **choose this**:

Advanced stages of illness

Unsafe swallow

They don't want a tube or a PEG

Quality of life

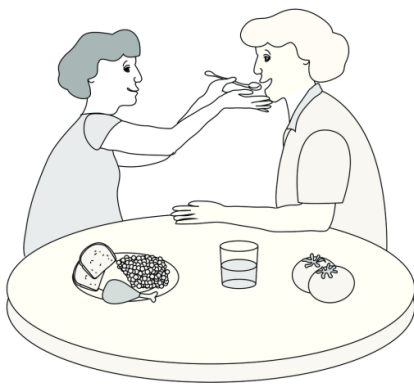


An eating and drinking accepting risk **decision should involve:**

You

Your family if you wish

Doctors



A **Speech and Language Therapist** can give you **advice** about **eating and drinking**.

They can try and help you **reduce the risk** when eating and drinking.

They **cannot get rid of the risk** but they can try and **help** to make you **safer** or more comfortable.



An **eating and drinking accepting risk** decision can be **temporary**.

You can **change your mind** later on.



More information

If you would like some **advice** or **support**, please **contact** us.

Call the speech and language therapy team on 01271 322 388

Or ask the ward staff to help.

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