



Easy Read – Mealtimes



Tell us your mealtime needs and preference



We will make sure your meals are nutritious and have the right texture.









A Speech Therapist works with you to plan your mealtime needs – texture, thickness and other needs






The SpeechTherapist assesses your nutrition and swallowing to see if you need texture-modified food and fluids



The Speech Therapist reviews your risks

 	<p>Your risks may include positioning, swallowing, diabetes, anaphylaxis, food allergies and weight problems.</p>
	<p>The SpeechTherapist will assist in designing your seating and positioning when eating.</p>
	<p>The Speech Therapist will create a plan that includes your swallowing, eating and drinking requirements</p>
	<p>Trained staff will help you if you have trouble with coughing and choking.</p>
	<p>Staff have access to your plan so they can see your needs.</p>

	<p>Our team will assess any risks to keep you safe when eating</p>
	<p>We will store your food safely and provide you with your proper meal.</p>
	<p>Don't worry. If we see you having trouble, we will assist and respond to your changing needs.</p>