The PATH to safe swallowing at meal times

Swallow Aware

P — Position

ensure an upright position

A — Alert

ensure the person is alert and awake

T — Textures

check the fluid and the food are the right textures

H — Help

check if the person needs help to eat and drink

Adapted with permission from a poster developed by the BHSCT. Produced by the Public Health Agency www.publichealth.hscni.net

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