


SAFETY PAUSE - CHECK DRINK LEVEL

- 01 Check if person has Speech & Language Therapy recommendations for drinks
- 02 Access individuals thickener from locked storage and prepare drink according to the tin instructions
- 03 Check drink matches required level
- 04 Serve drink
- 05 Lock thickener away safely




Swallowing Advice: **Thin**

- ✓ Flows like water
- ✓ Fast flowing
- ✓ Can drink through any type of cup/straw.




Swallowing Advice: **1 Slightly Thick**

- ✓ Thicker than water
- ✓ Can be drunk through a straw
- ✓ Leaves a coating on a spoon, fork or empty glass.



Swallowing Advice: **2 Mildly Thick**

- ✓ Flows off a spoon
- ✓ Can be drunk from a cup
- ✓ Effort is required to drink through a standard straw.



Swallowing Advice: **3 Moderately Thick**

- ✓ Easily pours from spoon when tilted
- ✓ Can be taken with a spoon
- ✓ Can be drunk slowly from a cup.



Swallowing Advice: **4 Extremely Thick**

- ✓ Can be taken using a fork or spoon
- ✓ Flows extremely slowly, with little movement under gravity
- ✗ Cannot be sucked through a straw, poured or drunk from a cup.

