

Choking Capacity Questions

This form outlines information that an individual or their carer needs to understand and retain in relation to the risk of choking. It can be completed as a record of what someone understands and to support capacity assessments.

Name DOB

Name of person completing form	Date form completed	Describe any visual/written resources used as prompts
Questions	Key concepts	Record response
1. What does the word 'choking' mean? Tell me what you understand about choking	<i>e.g. blockage, food gets stuck in the throat, cough, can't breathe, first aid</i>	
2. What happens when you choke?	<i>e.g. something gets stuck, first aid, ambulance, stops you breathing</i>	
3. What could happen if you stop breathing?	<i>e.g. collapse, first aid, ambulance, hospital, you could die</i>	
4. What do you think causes choking?	<i>e.g. unsafe eating, hard foods, check for understanding of health condition</i>	
5. Do you think there is a chance you could choke again? Could I/anyone choke?	<i>e.g. check for understanding that anyone can choke</i>	
6. Can you think of things that might make you choke? Can you give examples of hard foods?	<i>e.g. high risk foods, eating fast, overfilling talking, moving</i>	
7. What would you do if you started to choke?	<i>e.g. cough, stand up, stop eating, call or signal for help</i>	
8. What would you do if you had something in your mouth that was too hard to chew	<i>e.g. spit it out, take it out of my mouth, don't eat it.</i>	
9. What could you do if were choking and not able to speak or call for help?	<i>e.g. get up, go for help, bang table, throw cup, pull cord</i>	
10. What stops choking? What can you do to avoid choking? Tell me why 'x' might be good for you?	<i>e.g. take your time, cut food up, chew, extra sauce, softer foods, no talking</i>	
11. What could others do to help you avoid choking?	<i>(Supervise, cut up food, first aid)</i>	