Tip-sheet for caregivers

Eating and drinking for children and adults with severe disabilities

WHY?

- Prevent choking
- Prevent illness
- Energise
- Socialise
- Develop
- Sleeping

HOW?

- Tell the child/adult what you are doing while helping them eat
- Give time to chew and swallow
- Good supported positioning

- Choose adequate food

More difficult to eat/drink
- Easier to eat/drink

Tip - sheet for caregivers
✓ Provide support and use adapted spoons, cups, ...

Use mouth control if necessary

WHAT?

✓ Give healthy, colourful food with a lot of calories

✓ Wash hands before and after preparing food and eating

✓ Clean the teeth after eating/drinking

Non healthy food

Healthy food