

Tip-sheet for caregivers

Eating and drinking for children and adults with severe disabilities

WHY?



prevent
choking



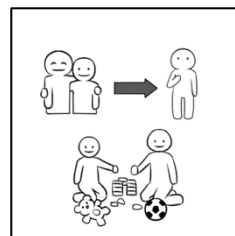
prevent
illness



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

✗

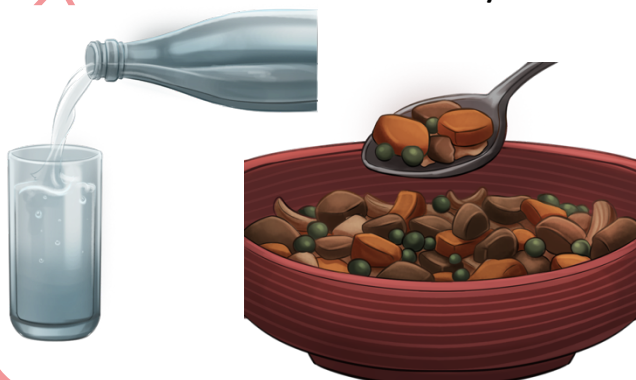


✓

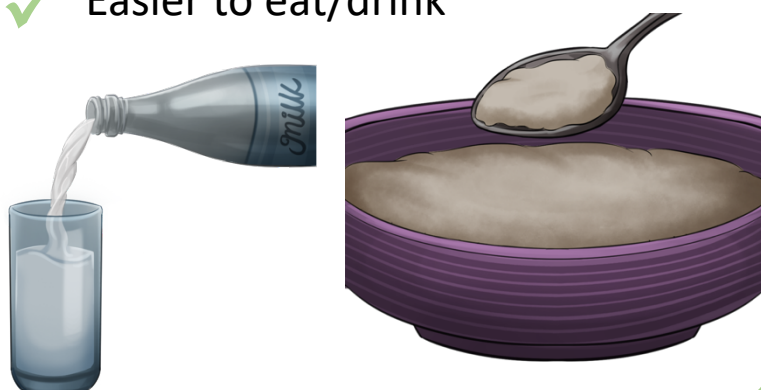


- ✓ Choose adequate food

✗ More difficult to eat/drink



✓ Easier to eat/drink



- ✓ Provide support and use adapted spoons, cups, ...



Use mouth control if necessary

WHAT?

- ✓ Give healthy, colourful food with a lot of calories



✗ Non healthy food



✓ Healthy food

- ✓ Wash hands before and after preparing food and eating



- ✓ Clean the teeth after eating/drinking

