

How to Help Someone Eat or Drink




Usually a speech language pathologist,
doctor, or dietician will help make
decisions about what foods will work best
for the person.



A **soft food diet** may be
necessary. This includes
mushy food preparations like
overcooked veggies or
mashed potatoes.

Step-by-step

1. Support the person to sit up as straight as they can with their head forward and chin down.
2. Try sitting with your dominant hand closest to them while you face them.
3. Offer small bites and try not to rush.
4. Let them guide you. They can let you know which food they would prefer to have first or when they would like a drink. If the person has speech problems, they may open their mouth to signal if they want more food.
5. If you're helping them drink, a cup you can see through makes it much easier.
6. When finished eating, help them wash up, including brushing their teeth.
7. If they have issues swallowing, it's best to stay sitting for at least 30 minutes after they eat.

 Helping a person to eat is an important task. Working to develop this skill will make meal times less stressful for you and the person you're caring for.

Other types of diets

If they need thickened fluids, there are three main types:

1. Nectar thick
2. Honey thick
3. Pudding thick



Minced food diet
Food is broken
down into
cubes smaller
than 1cm.



Puree food diet
Food is
blended until
smooth

For a more detailed
tutorial, please scan
the QR code.

