

General Swallow Guidelines for Safe Swallow

1. Only feed when alert. If the resident is sleeping, they must be woken up before being fed!
2. Provide small bites and small sips.
3. Feed at a slow rate.
4. Make sure the resident is sitting upright while eating. If they are in bed, raise the head of the bed all of the way up.
5. Make sure mouth is clear between bites of food.
6. If resident is coughing/choking, stop feeding until resident is no longer coughing.