

Swallowing Awareness Day



Dysphagia: How can speech and language therapists help?



Speech and language therapists help to treat people with dysphagia by:

- completing detailed and accurate assessments;
- providing an accurate diagnosis of dysphagia which may assist with the differential medical diagnosis;
- ensuring safety (reducing or preventing aspiration) with regards to swallowing function;
- balancing risk factors with quality of life, taking into account the individual's preferences and beliefs;
- working with other health professionals, particularly dietitians, to optimise nutrition and hydration; and
- stimulating improved swallowing with oral motor/sensory exercises, swallow techniques and positioning.



For more information, visit www.rcslt.org