

Signs of dysphagia checklist

It is important for all aged care staff and carers of loved ones to recognise and identify the key signs of swallowing difficulties ('dysphagia').

The sooner that these signs are noticed, the better the outcome will be for the patient.

send referrals and mealtime assessment requests to



IF YOU NOTICE ANY OF THE SIGNS BELOW, PLEASE REFER TO A SPEECH PATHOLOGIST FOR AN ASSESSMENT IMMEDIATELY.



Coughing or choking episodes on any food or fluids



Unexplained weight loss or reduction in appetite, such as not finishing all of their meals consistently



Increased mealtimes, slower eating compared to the person's usual pace during meals



Having dentures that do not fit properly, or a patient who does not want to wear their dentures at all (will significantly impact chewing abilities)



Re-occurring chest infections or fever



Any other changes to behaviours during mealtimes such as 'picking' at food, refusing to eat, becoming frustrated or aggressive during meals, impulsive eating.



Taking multiple swallow attempts to get food or fluids down



Food or fluids getting stuck in the oral cavity, remaining in parts of the mouth after swallowing referred to as 'residue'



'Wet' sounding or gurgilness in the voice during or after mealtimes

OUR SPEECH PATHOLOGISTS ARE HERE TO HELP

Call (03) 9560 1844 or email speechpathology@oscarcaregroup.com.au