TOP 10 TIPS TO HELP WITH:

CHEWING AND SWALLOWING

1. UPRIGHT
   Try to sit as upright as possible when eating or drinking

2. TILT
   Tilt your head slightly forward and tuck your chin when you swallow

3. FOCUS
   Stay focussed when you are eating or drinking, concentrate on chewing, actively swallowing and clearing food from your mouth

4. TALKING
   Don't talk with food in your mouth, swallow and then talk

5. DISTRACTIONS
   Try to reduce distractions when you are eating or drinking, like watching TV or reading the newspaper
6 SMALLER PIECES
Cut food into small pieces or take small mouthfuls, this makes it less tiring with the repetitive movement required to chew your food properly.

7 SWALLOW
You might need to swallow two or three times per bite of food or per drink of water.

8 CLEAR
If food or liquid catches in your throat, cough gently or clear your throat, then swallow again before you take a breath, repeat this as needed.

9 THICKEN
If fluids make you cough or you feel like you inhale liquid, think about using products to thicken the fluid.

10 BLOOD PRESSURE
Stay seated or standing for 15-20 minutes after you eat because eating can cause a drop in blood pressure which could cause you to fall.

For more information about chewing and swallowing visit:
www.africaparkinsons.org
OR
www.facebook.com/parkinsonsafrica

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