



# Cognitive feeding difficulties

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## Information for families and carers

### What are cognitive feeding difficulties?

**There are many things a person needs to do to eat and drink safely.**

You need to:

- Be awake
- Know that there is food in front of you
- Remember there is food in your mouth
- Give yourself enough time to chew food properly
- Remember to swallow

### What causes cognitive feeding difficulties?

Cognitive feeding difficulties are caused by any disease or damage to the brain that makes it difficult for the person to stay awake, concentrate or remember. This can include delirium, dementia or stroke.

### Will the cognitive feeding difficulty get better?

- Sometimes a cognitive feeding difficulty can improve
- Sometimes it can stay the same or get worse



## **A person with a cognitive feeding difficulty may**

- Get a chest infection
- Choke
- Not eat or drink enough to meet nutritional requirements

## **A Speech Pathologist can**

- Recommend safe food and drink
- Provide tips for eating and drinking safely

## **Tips for family and friends**

- Make sure the person is wearing their glasses to help them see the food and drink
- Make sure the person is wearing their hearing aids to help them hear what you are saying
- Turn off the TV or radio to remove distraction
- Give the person one spoonful at a time
- Make sure the person has swallowed each mouthful
- Make sure the person is sitting upright and is awake

**Talk to your Speech Pathologist for more information**

**Your Speech Pathologist is:** \_\_\_\_\_