



Health and Community Services

## About Dysphagia



An **Easy Read** guide for Adults with Learning Disabilities about dysphagia and how a Speech & Language Therapist can help you eat and drink safely.

Speech and Language Therapy department  
Adult Learning Disability Team

## What is dysphagia?



Dysphagia is when you have problems with eating and drinking.

## Having an assessment



A Speech & Language Therapist helps people that have dysphagia.



We can see you for an assessment at

- your home
- your day centre
- the hospital



We will look inside your mouth.



We will watch you having something to eat and drink.



We will talk to you and your carer or family member.

We will make some notes.



We might listen to you swallow using a stethoscope.

This does not hurt.

## What we will do to help you



After the assessment-

We will tell you if you need to make some changes to help you eat and drink safely.



This might be:

- making your food softer
- thickening your drinks
- using a different knife, fork, spoon, plate or cup



This might be:

- changing the way you sit
- choosing a quiet place to have your meals
- making sure you have plenty of time to enjoy your food and drink

# How to see the Speech & Language Therapist



You will need to telephone SPOR (Single Point of Referral) and ask for a form.

Telephone: 01534 444440



Please fill out the form and post or email it back to us.

SPOR HCS24

St Helier

Jersey

[SPOR@health.gov.je](mailto:SPOR@health.gov.je)



Your family or support staff can do this for you if you say it is okay.



We will send you an appointment letter in the post, or call you on your phone.