

Eating and Drinking with Acknowledge Risk (EDAR)

Information for patients,
carers and relatives



**Easy
Read**



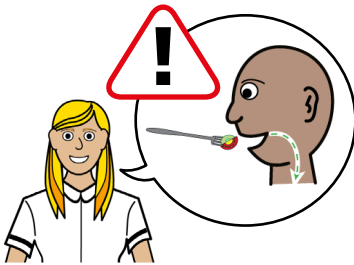
easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

problems swallowing



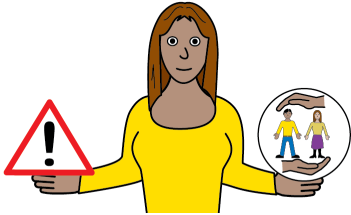
If you have swallowing problems you should see a speech and language therapist.

advice on what to eat



They will assess your swallow and give you advice about what you can and can't eat or drink.

risk



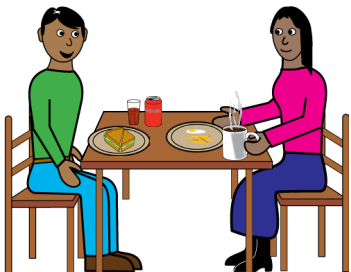
Some people decide that they do not want to follow this advice.

eat and drink



They want to carry on eating and drinking what they want.

better quality of life



This is because they think their quality of life will be better.

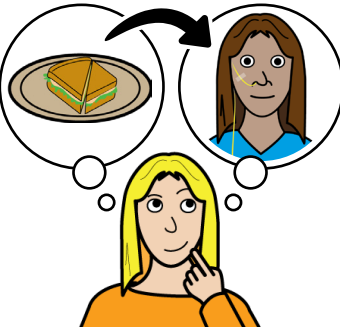
understand the risks



As long as the person is able to make this decision for themselves and understands the risk.

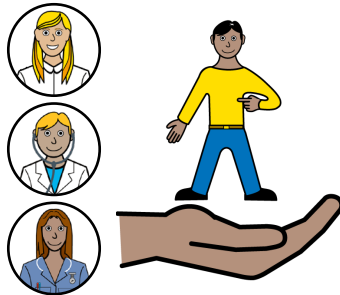
This is ok.

change mind



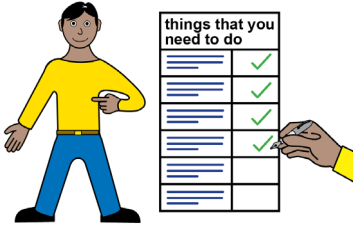
The person can also change their mind at anytime.

support



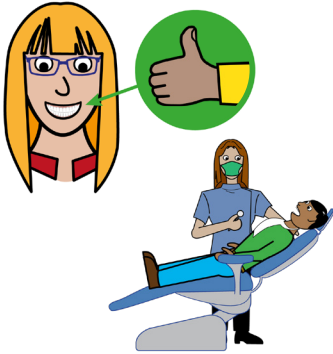
Therapists, doctors and nurses will still support them.

what I can do



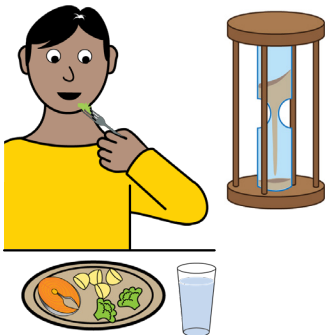
There are some things people can do to make eating and drinking with acknowledged risk a bit safer.

healthy mouth



Keep your mouth clean and have regular dental check ups.

Eat slowly



Eat slowly.

Sit upright



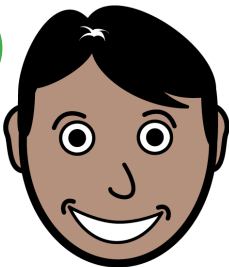
Sit as upright as possible
- at a table and chair - if
able.

coughing



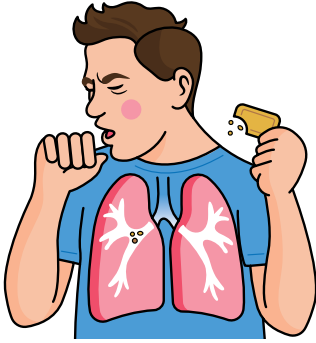
Stop eating or drinking
if you are coughing.

fully awake



Only eat and drink when
you are fully awake.

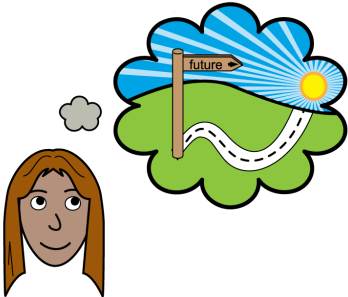
aspiration pneumonia



The risk is that you might get aspiration pneumonia.

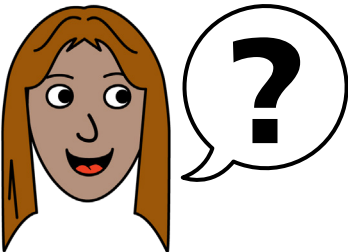
We have another easy read leaflet about this.

future care



When deciding to eat and drink with acknowledged risk it is good to think about your future care.

ask



If you have any questions, you can ask the staff.

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

leedsth-tr.ldautism@nhs.net

easy read leaflets



We have other easy reads to support you.

Scan this QR code to see our range of easy read leaflets.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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