

How can I support someone Eating and Drinking with Acknowledged Risk (EDAR)?

Information for patients,
carers and relatives



**Easy
Read**



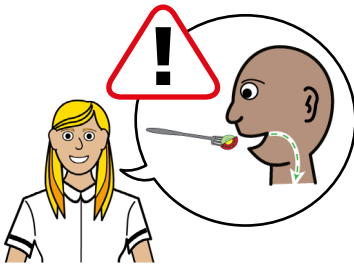
easy read



This booklet uses easy words and pictures.

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

problems swallowing



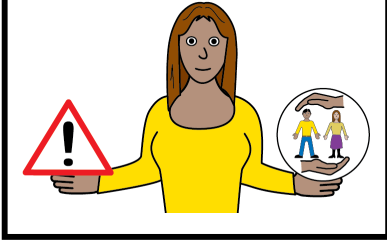
Someone you support or care for has been told they have swallowing problems (dysphagia).

eat and drink



They have decided that they want to continue to eat and drink.

risk



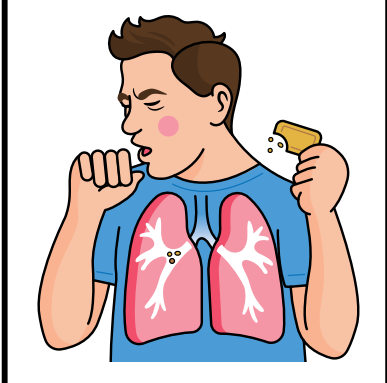
They know this has risks.

choking



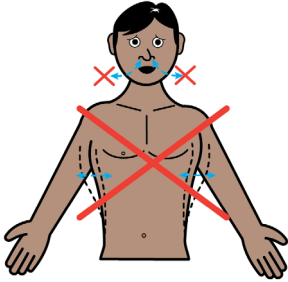
Like choking.

food on lungs

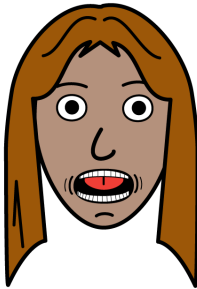


Food, drink and saliva
going into your lungs -
Aspirating.

breathing problems



scared



help

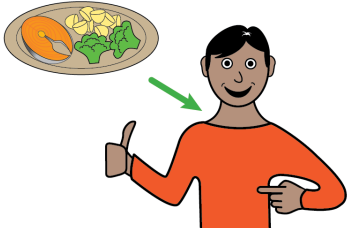


Sometimes aspirating can cause a lung infection and breathing problems called pneumonia.

This can feel scary when you are looking after someone.

There are things you can do to help them reduce these risks.

**feed me
better**



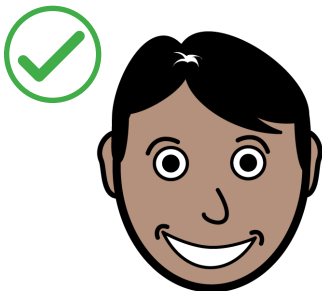
Help the person to feed themselves.

sat upright



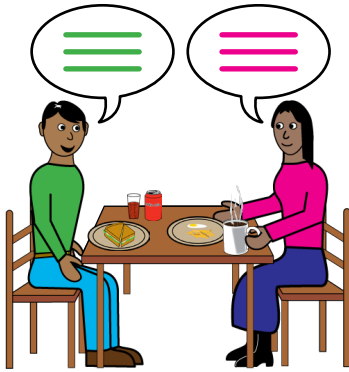
Make sure they are sat upright.

fully awake



Only let them eat when fully awake.

talk to them



Keep them company,
talk to them between
mouthfuls of food.

ReSTORE2 training

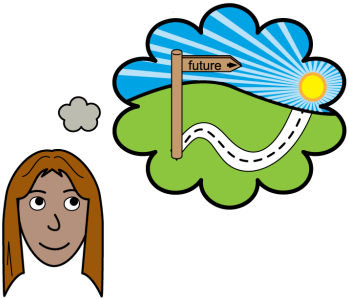


Please attend ReSTORE2
Training for carers.

Scan the
QR code
to access
training:



future care

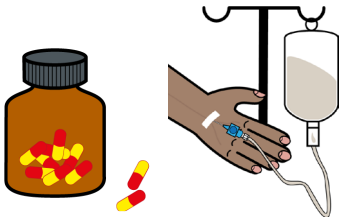


Talk to the person about
their future wishes.

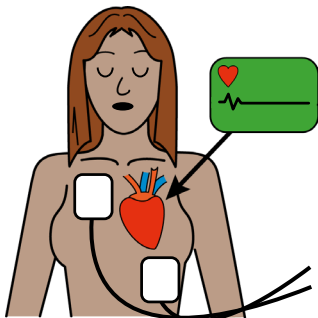
go to hospital



infection treatment



resuscitation

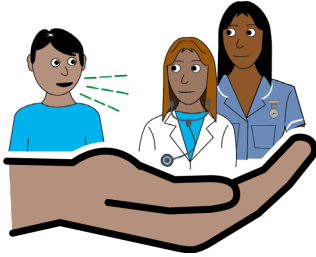


This may include their wishes for future hospital admissions.

Treatment of infections.

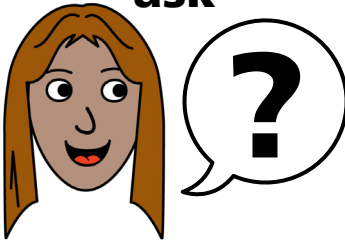
And even resuscitation attempts if their heart or breathing stops.

support with conversation



Your doctors and nurses can support with these conversations.

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.lidautism
@nhs.net**

easy read leaflets



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What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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