











Easy Read - Mealtimes

	Tell us your mealtime needs and preferences.
	We will make sure your meals are nutritious and have the right texture.
	A Speech Therapist works with you to plan your mealtime needs – texture, thickness, and other needs.
	The Speech Therapist assesses your nutrition and swallowing to see if you need texture-modified food and fluids.
	The Speech Therapist reviews your risks.
	Your risks may include positioning, swallowing, diabetes, anaphylaxis, food allergies and weight problems.
	The Speech Therapist will assist in designing your seating and positioning when eating.
	The Speech Therapist will create a plan that includes your swallowing, eating and drinking requirements.
	Trained staff will help you if you have trouble with coughing and choking.

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	Staff have access to your plan so that they can see your needs.
	Our team will assess any risks to keep you safe when eating.
	We will store your food safely and provide you with your proper meal.
	Don't worry. If you have trouble, we will assist and respond to your changing needs.
	<p>You can contact us on:</p> <div><div></div><div></div><div></div></div>