

# Cognitive feeding impairment

## Information for families and carers

### What is a cognitive feeding impairment?

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

People who have difficulty with these things have a cognitive feeding impairment.

A person with a cognitive feeding impairment may

- get a chest infection
- choke
- not get enough to eat or drink

## **What causes cognitive feeding impairment?**

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.

## **A speech pathologist can**

- recommend safe food and drink
- provide tips for eating and drinking safely

## **Will the cognitive feeding impairment get better?**

- sometimes a cognitive feeding impairment can improve
- sometimes a cognitive feeding impairment can stay the same or get worse

## **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
- give the person one spoonful at a time
- make sure the person has swallowed each mouthful

Talk to your speech pathologist for more information.

Your speech pathologist is:

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