

# Eating Well

When people eat differently



**Microboards**  
Australia

# People can have difficulty eating some foods for many reasons

They may have:

- Allergies
- Medication
- Sensory needs
- Swallowing difficulties
- Other health needs

These can affect what is safe and comfortable to eat.

Seek qualified advice if needed.



# When people eat differently, support safety and choice



## Allergies

Follow the person's allergy and emergency plan.



## Sensory or other needs

Understand the person's needs and preferences, and follow professional guidance. Never force food.

# Swallowing can affect safety for people with dysphagia

## Follow the person's assessed eating and drinking plan

Some people need prescribed food textures or fluid thickness.

Watch for agreed signs of difficulty and follow professional guidance for positioning, pacing, supervision and response.



# Enteral feeding and inclusion



## **Keep the person included in everyday life**

Learn the person's feeding plan, tube and site care, and signs of complications.

Support full participation in routines and the social parts of shared meals, even when they do not eat by mouth.

## People can have difficulty eating some foods for many reasons. It is important to:

- Know and understand the person's needs and dietary plans
- Never put pressure on a person or force them to eat
- Work to maximise their choices in other parts of their diet
- Accommodate adjustments they may need so that eating differently doesn't result in social exclusion
- Seek professional guidance if needed

