**Dysphagia checklist**

Are you finding it hard to eat or drink?

|  |  |  |  |
| --- | --- | --- | --- |
| C:\Users\degruchyj\Downloads\lungs.png | Have frequent chest infections (aspiration pneumonia)? | YES | NO |
| C:\Users\degruchyj\Downloads\cough.png | Cough during or after eating or drinking? | YES | NO |
| C:\Users\degruchyj\Downloads\speak (1).png | Have a watery/gurgly voice at mealtimes? | YES | NO |
| C:\Users\degruchyj\Downloads\tears.png | Get watery eyes when eating or drinking? | YES | NO |
|  | Have difficulty chewing foods even when soft? | YES | NO |
| C:\Users\degruchyj\Downloads\breathe.png | Become out of breath while eating? | YES | NO |
| C:\Users\degruchyj\Downloads\choking.png | Experience pain on swallowing? | YES | NO |
| C:\Users\degruchyj\Downloads\scale.png | Have unplanned weight loss? | YES | NO |
|  | Find that you are avoiding foods | YES | NO |

* If you experience any of the above ou may benefit from an assessment of your eating and drinking.
* If you have a learning disability you may be eligible for assessment by Speech and Language Therapy at The Newham Health Team for Adults with Learning Disabilities
* If you do not have a learning disability please ask your GP to refer to community Speech and Language Therapy for assessment