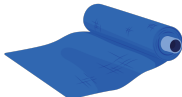





Selection table: Eating and drinking aids



Step 1: Select Always select eating and drinking aids with the person. To select the right features, take into account the person's health, ability, the support they have and choice.		Non-slip matting 	Plate guards and modified plates/bowls 	Modified cutlery and cuff 	Modified cups 
Physical	Picking food up (with hands or cutlery)	✓	✓	✓	✗
	Getting food into bite sized pieces	✓	✓	✓	✗
	Getting food into the mouth	✗	✗	✓	✗
	Picking up cups	✓	✗	✗	✓
	Getting liquid into the mouth	✓	✗	✗	✓
Vision		✓ Can provide colour contrast and stability	✓ Colour contrast and raised edges on plate/bowl can help person feel position	✗	✓ Stable cups with colour contrast can help a person find them
Thinking	Set up the area to be uncluttered and easy to see and understand	✓ Can provide colour contrast to help person find them	✗	✗	✗
	Reminding and prompting from others	✗	✗	✗	✓ Marks on cups can remind people how much water they need to drink

Tips for using eating and drinking aids

Position

Eating and drinking can be made easier if the person and the eating and drinking aids are well positioned. The person may find it easier to eat and drink if they:

- Sit in a seat which supports their back and arms, with feet resting on a firm surface
- Sit close to a flat surface (legs underneath and stomach almost touching table)
- Have a firm surface for their elbows
- Have food, drink and aids within reach
- Have a non-slippery surface so plates and bowls do not move.
- If the person is one-handed, set up plates/bowls so they are easy to access from that side.

Food size and texture

- Bite sized pieces of food are easier to pick up and chew
- For people with difficulty chewing, chopped or mashed food may be easier.
- Some people find, smooth foods (sauces, custards) or thicker liquids may be easier to eat and drink.