

Feeding Someone

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves

- Is the food properly presented, right temperature etc.?
- Make sure their food is in front of them and that they can reach it
- Is the client sitting comfortably?
- Place a napkin so as to protect their clothing
- If they are unable to see the food, you will have to guide them
- Sit in front of them, slightly to one side so you can make eye contact
- Ensure you are sitting at the same level as the client
- Is the food in portions small enough for the person to be able to chew - if not, you will have to cut it/and or encourage them to do so
- Little bits at a time, feeding someone is not a race - take your time!
- Pay attention so they are encouraged to chew thoroughly, helped to enjoy their meal, not at risk of choking etc.
- If they dribble, wipe the dribble away
- Having finished their meal, make sure their hands and face are clean
- Clear up immediately
- Are they comfortable and have they eaten enough?

- To help someone drink, see Helping Someone Drink

