

Helping Someone Drink

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Is the drink the right temperature? Be careful not to burn them whilst at the same time not giving a hot drink that is unpleasantly cool
- Make sure their drink 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 necessary
- If they are unable to see the drink, 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
- It is probably sensible to use an appropriate straw
- Hold the drink container in one hand, the straw in the other hand
- Offer them little bits at a time, helping someone is not a race - take your time!
- Pay attention so they are encouraged to drink, helped to enjoy their drink, not at risk of choking etc.
- If they dribble, wipe the dribble away
- Having finished their drink, make sure their hands and face are clean
- Clear up immediately
- Are they comfortable and have they drunk enough?
- When feeding someone, it is best to alternate food, drink, food, drink and so on

