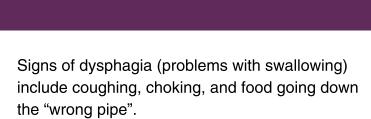


## Occupational Therapy Services for

## **Swallowing**



Parkinson's disease, stroke, traumatic brain injury, and acid reflux are some of the medical conditions that place people at risk for problems with swallowing.

If untreated, swallowing difficulties can lead to a form of pneumonia.

People with trouble swallowing can be evaluated for and receive occupational therapy services to help with eating and drinking safely.

## Occupational therapy practitioners work with clients to:

- Teach safe swallowing techniques
- Modify food textures and beverage consistencies
- · Learn ways to decrease the risk of pneumonia
- Learn exercises to strengthen swallowing muscles
- Recommend tools and tips to make eating and drinking easier
- Reduce distractions for safer eating and drinking



## What You Can Do



Consider whether you or a loved one is having difficulty swallowing



Ask your care provider for occupational therapy services

Reference: American Occupational Therapy Association. (2017). Position Statement- The practice of occupational therapy in feeding, eating, and swallowing. American Journal of Occupational Therapy, 71(Suppl. 2), 7112410015p1-7112410015p13. https://doi.org/10.5014/ajot.2017.716S04