



### NEWSLETTER – SUMMER 2017/2018

Summer has finally arrived and Christmas is upon us, so we would like to take this opportunity to wish you all a **Merry Christmas and a Happy New Year!**

Adult Speech Pathology will be open throughout the Christmas period (excluding public holidays), so please continue to refer your residents as usual.

We would like to update you on some recent changes to the ASP team. We farewell two staff members, one temporarily, and introduce our newest addition to the team.



**Lizzie Newland** is the newest member to the Adult Speech Pathology team. She has a special interest in swallowing and communication in the setting of neurodegenerative disease. Lizzie is on the Speech Pathology Australia state branch board.



**Wendy Forster - Director**  
As well as a range of clinical and case management duties, Wendy provides staff training sessions and is developing her knowledge around individuals with Progressive Aphasia.



**Natalie Hubbard** is heading towards her 5<sup>th</sup> year with ASP. Alongside her work at ASP she works as a voice therapist.



**Anna Daniels** is currently on maternity leave. Her second baby girl Lucy, arrived safely!



**Elise Finos** - We farewell Elise as she takes an opportunity in adult rehabilitation which is an area of special interest for her. She will be greatly missed and we wish her all the best!

### STAFF TRAINING SESSIONS 2018

We provide regular training sessions for staff in residential aged care facilities. We offer a range of sessions that cover various topics on dysphagia and communication. Please contact us to arrange a session. If you feel there is a gap in your staff's knowledge, we are very happy to tailor a session to meet that particular need.

### DID YOU KNOW?

**85%** of those with Parkinson's disease have voice, speech and/or swallowing difficulties.

Speech Pathologists are trained to assess, advise and treat voice and speech issues too. So if speech or voice issues affect your residents, don't hesitate to contact us – 8274 1551.



## WHAT ARE RESIDENTS SAYING ABOUT THEIR MODIFIED DIETS?

We often hear comments from residents and their families about their modified textured diets. In some cases they are dissatisfied with their modified meal and/or their mealtime experience. Sometimes this dissatisfaction reflects their struggle to accept the change (and we know that restricting the range of foods an individual may have is certainly devastating for many), but sometimes the feedback is about how the food is presented.

We are aware that providing modified textured food is challenging, as is addressing each resident's concerns. We include some practical suggestions below based on some of the common feedback we receive from residents with dysphagia, which we hope you may find useful. You are welcome to contact us for further information or support as needed.

RESIDENTS COMMENTS	WHAT CAN WE DO ABOUT IT
<p><b>"My meal is drowning in gravy. All I can see is gravy. All I can smell is gravy."</b></p>	<ul style="list-style-type: none"> <li>Try putting gravy on the meat and potato only as the vegetables are generally naturally moist.</li> <li>If the Speech Pathologist has recommended 'extra moisture' on meals, try offering a side jug of gravy instead of pouring the gravy all over the meal. Add gravy as needed and after the resident has been able to appreciate the smell and colours of the food on the plate.</li> </ul>
<p><b>"My meals look the same every day. I get the same thing for lunch and tea."</b></p>	<ul style="list-style-type: none"> <li>It is important for staff to know what foods are on the plate so they can highlight the different foods being offered to the resident each meal.</li> <li>Use food moulds (see image below), which shape food into identifiable food items.</li> <li>Take care not to 'over-modify' foods on a minced and moist diet.</li> <li>Try to use more everyday food options instead of scooped minced meat and vegetables (e.g. cottage pie, tuna mornay, soups, soft fruits like banana or stewed apple mashed down with a fork for a minced and moist diet).</li> </ul>
<p><b>"That food looks disgusting"</b> – a typical comment from a family member about a Smooth Pureed Meal.</p>	<ul style="list-style-type: none"> <li>Consider the tips above about presentation and also knowing what foods are on the plate.</li> <li>Don't minimise the loss that results from having a modified textured diet, but reassure the family that the food tastes fine. (We do tastings and we know that they do taste fine!)</li> <li>Be aware of the reason why the person is on the modified diet, so you can reassure the family that the resident's safety is your prime concern.</li> <li>Talk to the resident and family about their specific food preferences, and working within relevant diet guidelines, provide foods/tastes the resident prefers.</li> </ul>
<p><b>"Why can't I have toast and fish and chips."</b></p>	<ul style="list-style-type: none"> <li>These food items are considered normal textured foods and high choke risk foods.</li> <li>They are typically dry and crumbly making them more difficult to chew &amp; breakdown, requiring greater strength &amp; coordination of the oral and throat muscles.</li> <li>Consider a speech pathology review to determine if the resident can safely manage these foods as part of an <b>individualised plan</b>. In some cases we suggest modifying these foods by softening them in the microwave, adding more sauce/topping or removing the crusts of the toast, but these are exceptions approved on an individual basis.</li> </ul>

## WHY DO YOU MODIFY SOMEONE'S DIET IN THE FIRST PLACE!

The primary goal of modifying a resident's diet is to ensure they are eating safely, by minimizing aspiration and choking and/or ensuring ease of intake. However, if the individual does not react well to the change of their diet/fluids it may create some unintended consequences like reduced intake, weight loss, malnutrition/dehydration and a general decline in quality of life. Sometimes an individualised plan which balances a range of risks may be required. If you have any questions, concerns or feel that a resident would benefit from a speech pathology review, then please contact us on 8274 1551.

SMOOTH PUREE MEAL – using food moulds

