

## Conditions affecting Eating and Drinking

### Developmental

- Learning (Intellectual) Disability
- Developmental Delay
- Chromosomal Disorders  
eg Down Syndrome
- Dyspraxia
- Autism
- Cerebral Palsy

### Health and wellbeing:

- Ageing
- Oral cancer

### Neurological

- Stroke (CVA)
- Parkinson's
- Multiple Sclerosis (MS)
- Dementia
- Motor Neurone Disease
- Huntington's
- Muscular Dystrophy
- Brain/head injuries

## Therapy Professionals Speech Language Therapists

Our therapists work with the elderly, adults and children who have a disability, injury or illness. Their special interests are intellectual and/or physical disabilities.

### We can work closely with:

- families/whanau
- caregivers
- our team of Physio, Music and Occupational Therapists, and Dietitians
- other professionals
- workplaces, employers and schools

### We support organisations by providing:

- therapists on contract
- documentation systems
- staff training eg on swallowing difficulties and communication strategies
- assistance to develop dysphagia policies and procedures

*Allied Health Sector Standards (NZS8175)  
certification in progress*

**We can help.**

Contact us now

03 377 5280

**We come to you**

*Therapy wherever you live, work, play or learn*



**Physio, Speech Language, Music,  
Occupational Therapists  
and Dietitians**

**Having trouble  
eating and drinking?  
(Dysphagia)**

## Speech Language Therapy

**You don't have to struggle alone.**

**We can help.**

**We come to you.**

**Therapy Professionals Ltd**

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## Speech Language Therapists

- help you manage or improve swallowing (dysphagia), speech, language and communication problems.
- understand how ageing, disability, injury or illness affects your eating and drinking or communication (see our 'Having trouble understanding and being understood' brochure).

*Many of the same muscles, nerves and body parts are used for eating, drinking and for speech, which is why Speech Language Therapists specialise in both.*

Our Speech Language Therapists are:

- members of the New Zealand Speech Therapy Association
- educated, knowledgeable and have the skills to help you
- up to date with latest trends and research
- Ministry of Education specialists
- skilled in working with children, adults and older people,

*They follow a Code of Ethics.*

For more information on Speech Language Therapy  
<http://www.speechtherapy.org.nz>

## Having problems with?

- coughing while eating or drinking
- choking while eating and drinking
- repeated chest infections
- taking longer to eat or drink
- reduced appetite
- unplanned weight loss
- eating/drinking in public
- food sticking in your throat
- difficulty chewing tough foods
- dribbling
- food/fluid coming out of your nose
- spilling food from mouth while eating
- wet or gurgly sounding voice after eating or drinking
- drinking enough fluid



## We can help

Our Speech Language Therapists will give practical solutions to improve your eating and drinking, such as:

- swallowing exercises
- the best position to eat and drink
- advice on special cutlery or cups to make eating and drinking easier
- advice on food and fluids and how to make them so they are safe to swallow
- advice on the ways to feed when eating and drinking is no longer safe



With you, and those supporting you, they will:

- tailor a plan for you and help you put it into action
- review plan if required
- recommend equipment and its funding



*Therapy wherever you live, work, play, or learn*