



**interaction**  
*empowering people*

# NUTRITION AND SWALLOWING POLICY

Easy Read Guide



# HEALTHY DIET



You have the right to a safe and healthy diet which takes into account your culture and religion



Interaction will help you with your nutritional needs



Interaction will help you balance your choice of food with what keeps you healthy



Interaction will help you have a healthy diet and access any health services you need



# STAFF ROLES



Staff understand you have the right to make choices about your food



Staff can help you choose healthy food alternatives so you are less likely to get sick



Staff will support you and your support network to make decisions about your health



Staff will make sure your food support needs are met

# STAFF ROLES



Staff will help you plan your food and make a shopping list for your preferred meals



Staff will help you learn how to make meals



Your weight and health will be checked to help you to stay well



You should involve your support network where you need to make big decisions about health and nutrition



# ASSESSMENT



When you begin at Interaction, a Nutrition and Swallowing Checklist form will be filled out by staff



Staff will complete the Nutrition and Swallowing Risk Checklist every year to see where you need help with food



Staff will help you manage any **emerging and chronic health risks**



**Emerging or chronic health risks** are risks that can impact your health for a long time

# MEALTIME MANAGEMENT



After the assessment, it may be decided that you need a **mealtime management plan**



A **mealtime management plan** will:

- Assess whether staff need to be with you when you eat
- What type of food you should eat and its texture
- The amount of food you should eat
- What type of equipment you need to eat (straw, spoons etc.)



Staff will ask you for consent to develop a mealtime management plan



Staff will help you understand your mealtime management plan if you have one