

Helping a service user to drink



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- **Infection control** procedures apply
- Wash and dry your hands
- Wear suitable protective equipment – apron and gloves
- Have you asked the person what drink they would prefer?
- Have you asked the service user's permission to help them drink?
- Have you explained to the service user what you are about to do?
- Is the drink the right temperature? Be careful not to burn them whilst at the same time not giving a hot drink which is unpleasantly cool
- Make sure their drink is in front of them and they can reach it and sitting comfortably
- Place a napkin to protect their clothing, if necessary
- If they are unable to 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 service user
- It is properly sensible to use an appropriate straw. Hold the drink container in one hand, the straw in the other
- 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 – let them know you are about to do this
- Having finished their drink, make sure their hands and face are clean – ask them if they would like to do this themselves
- Clear up immediately
- Ask if they are comfortable and have had enough to drink
- When feeding someone, it is best to alternate food, drink, food, drink and so on
- Dispose of your PPE's appropriately