

Assisting someone to eat



Infection control procedures apply
Always wear suitable protective equipment – apron and gloves

Preparation and helping someone to eat

- Have you offered a choice of food and drink?
- Is the service user sitting comfortably and in an appropriate place to eat?
- Place a napkin to protect their clothing
- Are utensils in place and easy to use?
- Have you provided condiments? I.e. salt, pepper and sauce
- Is the food properly presented, correct temperature etc?
- Make sure their food is in front of them and they can reach it
- If they are unable to see the food, you will have to guide them
- Sit in front of the service user, slightly to one side so you can make eye contact and they can hear you
- Ensure you are sitting at the same level as the service user
- Is the food in portions small enough for the service user to be able to chew - if not, you will have to cut it/and or encourage them to do so
- Put little bits on the fork/spoon at a time, feeding someone is not a race, take your time!
- Pay attention, encourage service user to chew thoroughly
- If they dribble, wipe the dribble away remember (tell them what you are about to do)

After eating and clearing up

- Having finished their meal, make sure their hands and face are clean- encourage them to do this themselves
- Clear up immediately
- Are they comfortable and have they eaten and drank enough?
- To help someone drink, see Helping Someone Drink
- You must report any problems with eating / drinking immediately to the appropriate person
- Remember to wash your hands and fill in the support plan before you leave

Report problems immediately to the appropriate person

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