



**NDIS Quality
and Safeguards
Commission**

Managing dysphagia

What you need to know

Easy Read fact sheet



How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

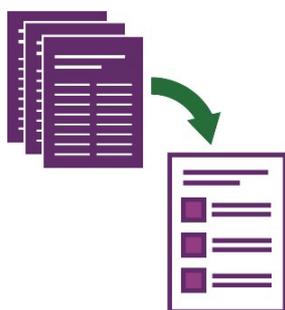
We use pictures to explain some ideas.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

www.ndiscommission.gov.au/workerresources



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

What is dysphagia?



Dysphagia affects how you:

- eat
- drink
- swallow.



People with disability who have dysphagia are more at risk of their health problems getting worse.



They are also more at risk of bad health problems from:

- choking
- breathing problems.

What are the symptoms of dysphagia?



A **symptom** is a sign you might be sick.

You might:

- see symptoms
- feel symptoms.

The symptoms of dysphagia include:



- trouble biting and chewing food



- coughing or choking when you eat or drink



- trouble breathing when you eat or drink



- not eating some foods because they're hard to swallow.



Symptoms can get worse as you get older.

What can other people do to help you?



If you think you might have dysphagia, people who support you can help.

People who support you can be:



- NDIS workers



- health care workers



- family members or friends



- other supports and services.



People who support you can help you go to a speech pathologist.

A speech pathologist can:



- work out if you have dysphagia



- help you make a plan to make eating and drinking safe and enjoyable.

People who support you should know how to help you to:



- eat and drink safely



- support you at mealtimes



- enjoy mealtimes



- help you if you have trouble eating or drinking.

More information for you



If you want more information about supporting people with dysphagia, you can go to our website.



www.ndiscommission.gov.au/workerresources

Contact us



You can call us from 9am to 5pm,
Monday to Friday.



If you live in the Northern Territory, you can
call us from 9am to 4.30pm.



1800 035 544



You can send us an email.

contactcentre@ndiscommission.gov.au



You can write to us.

NDIS Quality and Safeguards Commission
PO Box 210
Penrith
NSW 2750



You can go to our website.

www.ndiscommission.gov.au



TTY

133 677



The National Relay Service

Speak and Listen

1300 555 727

SMS relay number

0423 677 767



Internet relay calls

internet-relay.nrscall.gov.au



You can follow us on LinkedIn.

www.linkedin.com/company/ndiscommission



You can follow us on Facebook.

www.facebook.com/NDISCommission



The Information Access Group created this Easy Read document using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit www.informationaccessgroup.com.

Quote job number 4663-D.