EATING AWAY FROM HOME CHECKLIST

Use this checklist when people we support eating **WITHOUT STAFF.**

The people we support often spend time away from home, with family members or friends. Before these visits, talk with family members and friends. Make sure they have the information and supplies needed to help the person eat safely and enjoy their time away. Use this checklist to guide your discussion.

Review these items based on the person's Dining Guidelines. Some topics may need attention if visits happen often or if family and friends are not familiar with the person's Dining Guidelines. Although this checklist was created for staff, people who live with their families may also find it useful when they go out.

Before the visit, depending on the above, possible activities include:

☐ Review correct food texture and liquid consistency with family members/the person taking them out for a visit. Note: Do not share diagnoses or other protected health information unless the visitors are guardians or informed consent is obtained.
- ☐ Discuss possible menu choices and alternatives to unsafe foods.
- ☐ Note any food allergies.

☐ Review strategies for safe swallowing including
- ☐ Positioning
- ☐ Pacing
- ☐ Adaptive equipment

☐ Invite the person taking them out for a visit to help prepare a meal. This is so they can learn how to make the correct food texture and liquid thickness. Note: Some thickened liquids can't be made ahead of time.

☐ Problem solve with them to figure out how visit dining environment can match home dining environment.

☐ Review possible signs and symptoms of swallowing difficulty.

☐ Provide physician, nursing, and Speech Language Pathologist (SLP) (if available) contact information.

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Suggested Items to Pack:

☐ Portable blender/food processor if available and needed

☐ Adaptive utensils/plates, cups/straws if required

☐ Thickener & measuring tools if needed

☐ Supportive cushions/positioning aids if applicable

☐ Ensure that any food to be taken with the person is secured and packed away during transport.

When returning from a visit, staff should:

☐ Document any concerns from family.

☐ Document any choking incidents (communication logs, incident report, if required).

☐ Document any changes in eating behavior, including refusal of food/liquid.

☐ Return supplies to their proper storage area. This could include adaptive dining equipment, blenders, and other food/liquid modification tools.

☐ Follow-up with SLP and nursing, if concerns or choking incidents were reported.

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