



# THE DDD RESOURCE TEAM'S CHOKING PREVENTION UNIT

YOUR RESOURCE FOR SAFE AND PLEASANT MEALTIMES



## YOU MAY NOTICE INDIVIDUALS:

- Eating or drinking too fast
- Not chewing food thoroughly prior to swallowing
- Distracted while eating (laughing/talking/moving with food in mouth)
- Overstuffing their mouth

## WE ASSIST WITH THESE CONCERNS TOO:

- Preparing modified food textures
- Making thickened beverages
- Explaining swallow studies
- Training caregivers (staff and/or family members)



**Contact us for a consultation.**

**Our staff includes State Licensed Speech-Language Pathologists,  
Certified By The American Speech-Language-Hearing Association (ASHA)  
Email: [ddd.resourceteam@dhs.nj.gov](mailto:ddd.resourceteam@dhs.nj.gov) Call: 609-318-3997**

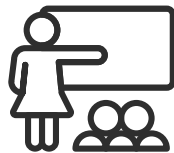
# THE DDD RESOURCE TEAM'S CHOKING PREVENTION UNIT

## How we can better help individuals at risk for choking

### SPEECH-LANGUAGE PATHOLOGISTS:

A Speech-Language Pathologist (SLP), also known as a Speech Therapist, is a highly trained professional, specializing in communication disorders, as well as in dysphagia management (biting, chewing and swallowing problems during meals). New Jersey's Division of Developmental Disabilities (DDD) have certified and licensed SLPs who:

1. Provide dysphagia trainings to residential and day program staff, and
2. Provide SLP consultations for individuals who either have had a choking incident or are at risk for choking.



### DYSPHAGIA TRAININGS:

At no cost to the workshop attendee, the SLPs can provide the lecture to a large or small group of participants; either in-person or remotely.

Training topics include:

- Preventing choking and reducing the risk of aspiration
- Anatomy of swallowing
- Preparing modified food textures
- Preparing thickened beverages
- Needs of individuals that require tube feeding
- Quality of life and meal time safety

### COMMON MEALTIME CONCERNS:

- Eating or drinking too fast
- Not chewing food well enough prior to swallowing
- Distracted while eating (laughing/talking/moving with food in mouth)
- Overstuffing mouth
- Food stealing
- Incorrectly prepared diet textures and beverages
- Poorly fitting dentures
- Poor positioning during meals
- Inadequate supervision
- Inadequately trained staff /caregivers

### SLP CONSULTATION:

At no cost to provider agencies or families, the Speech-Language Pathologist will provide consultative supports to caregivers to enhance the quality and safety of mealtimes for the individual served.

Consultations may include:

- Clinical observations
- Providing individualized strategies and techniques during mealtime
- Providing training on preparing modified food and beverage/liquid consistencies
- Answering questions on dysphagia management
- Assisting interdisciplinary team with interpretation of swallow studies



**VIRTUAL Trainings & SLP Consultations are available.**

To schedule an SLP Workshop or Consultation please email please email the:

[ddd.resourceteam@dhs.nj.gov](mailto:ddd.resourceteam@dhs.nj.gov)

*The Resource Team SLPs will not be providing evaluations or therapy.*

*These services must be obtained through the community provider.*