

The RESTAURANT — CARD —



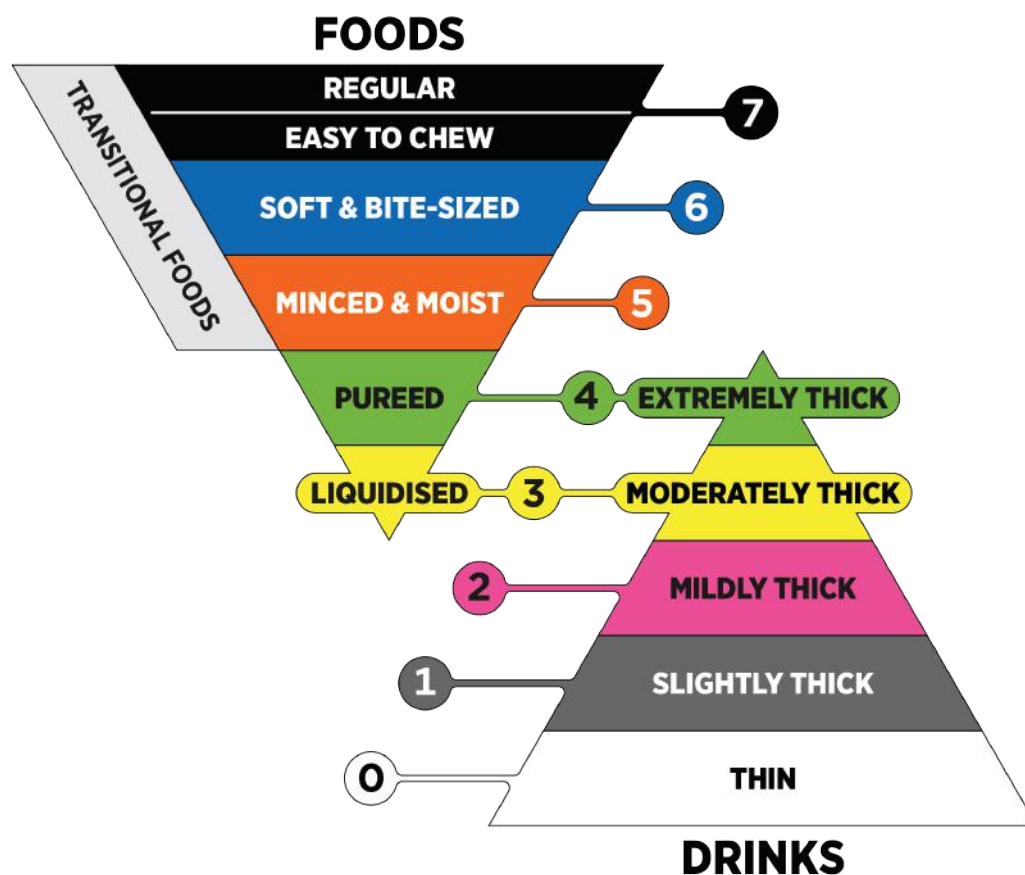
The Swallows®
Head & Neck Cancer Support Group
Registered Charity Number: 1149794



For people dealing with swallowing difficulties

The IDDSI Framework

Providing a common terminology for describing food textures and drink thickness to improve safety for individuals with swallowing difficulties.



IN COLLABORATION WITH



For more information contact IDDSI:
uk@iddsi.net | www.IDDSI.org

www.theswallows.org.uk
email: info@theswallows.org.uk

The RESTAURANT CARD

Ways you can help people with a swallowing difficulty. People may benefit from one or more.

This is a guide and all patients may have differing/individual requests.



Whole team



Kitchen team



Front of house team

Whole team: Consider the person



When I show you my restaurant card, please welcome me

Ask if there is anything you can do to help. It shows that you respect and accept me.



Don't insist upon me ordering

This allows me to join my family and friends.

Kitchen team: Consider the food



Provide extra sauce/gravy

Moist food helps me chew and swallow.



Blend/liquidise food (ask me first)

Modify my food - I may need my food finely chopped or pureed.



Sieve soup (ask me first)

I do not manage textures so may need my soup sieved or blended.



Cook food longer until soft

I find hard foods difficult to chew.



Remove crusts and cut up small

Approx 1.5cm x 1.5cm (thumbnail). I need food cut up small to help me bite and chew.



Remove garnish (ask me first)

I may have a choking risk and do not manage most garnish.



Cook without salt, pepper and spices (ask me first)

My sense of taste is affected and I find seasoning difficult to manage.

Front of house team: Consider the drinks & environment



Let me order a smaller portion

Perhaps a starter only, a meal from the kids section or share with someone else.



Give me extra time

Don't clear plates whilst I'm still eating, or allow me to keep my food.



Ensure the water jug is kept full & provide an extra glass

I may need more water to drink or need to modify my drinks to help me swallow safely.



Offer a quiet place to allow me to take my food by feeding tube

This will allow me some privacy.



Provide a table with extra space

I may need someone to support me to eat and drink.



Do not serve me bread with soup (ask me first)

I may find bread difficult to manage.



Provide a quiet area

I need to concentrate when swallowing and find a noisy environment distracting.

We support people with eating, drinking and swallowing difficulties due to a serious illness

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ACCEPTED HERE

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Supporting people with swallowing difficulties

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IDDSI
International Dysphagia Diet
Standardisation Initiative



OHK
SPECIALIST PARTNER FOR
DYSPHAGIA MANAGEMENT

24/7 patient and caregiver support line and text service:

 **07504 725 059**

Head and Neck Cancer

SUPPORT

The bearer of this card has been treated for Head & Neck Cancer

They would appreciate your consideration by:

- *Letting them order smaller portions, a children's meal or sharing a meal*
- *Providing extra sauce/gravy*
- *Ensuring the water jug is kept full*
- *Cooking food longer until soft*

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