



MEAL TIME *Matters* AT HOME

A training program that builds professional home caregivers' skills related to dining, swallowing disorders, and safe feeding assistance.

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Course Content Includes:

- Normal Swallowing in Older Adults
- Signs of Disordered Swallowing
- Altered Diets and Liquid Consistencies
Including Meal Preparation
- Assistive Eating Devices
- Safe Meal Time Guidelines
- Oral Care
- Infection Control During Meals
- Recognizing and Preventing Dehydration
- Home Health Aide Supervision
- Interactive Exercises



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