Tips to Informal Caregivers
on Giving Personal Care

Feeding Others

Procedure:

- If possible, have the person sit as erect as possible, or positioned for comfort.
- Take time to make eating a highlight of the day.
- Do not rush the feeding.
- Be patient and understanding.
- Be gentle with forks and spoons.
- Wipe off the corners of the mouth as needed.
- Do not mix all the food together.
- Use straws and training cups as needed.
- Keep conversation pleasant.
- When offering a glass or cup, touch it to the lips.
- Offer the person an opportunity to rinse his mouth after eating.
- If the person is blind, explain where food is on the plate, using the hands on a clock as an indicator. For example, mashed potatoes at the five o'clock position.
- In case of one-sided facial weakness or paralysis, feed to the good side.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.