

Life After Stroke

Improve Speaking, Eating and Swallowing

- **Continue the diet used in the hospital until told differently by a speech therapist.**
 - Includes thickening of liquids if applicable. All to avoid survivor choking or getting pneumonia from food in lungs.
- **Continue any position of the chin or head given in hospital for eating until changed by speech therapist to prevent choking or getting food or liquid in lungs.**
- **Reintroduce social situations gradually.**
 - Watch for signs of survivor getting tired or overstimulated.
- **Use lots of herbs and spices (rather than salt) to improve taste of food.**
 - Feel free to puree their favorite foods, as well as whatever the family is eating.
- **Caregivers and family members cannot take care of their loved ones if they don't take care of themselves.**
 - Get help from family members, friends, consider hiring help or adult daycare to give caregiver a rest.
 - Don't feel guilty about wanting or needing to get help or have a rest.

Tips Generously Supplied by:
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