

## **Preventing Aspiration**

- Position in a straight, upright position.
- Offer small pieces of food or small spoons of pureed food.
- Feed resident slowly.
- Place food in the non-paralyzed, or unaffected, side of the mouth.
- Make sure mouth is empty before next bite of food or sip of drink.
- Residents should stay in upright position for 30 minutes after eating or drinking.