

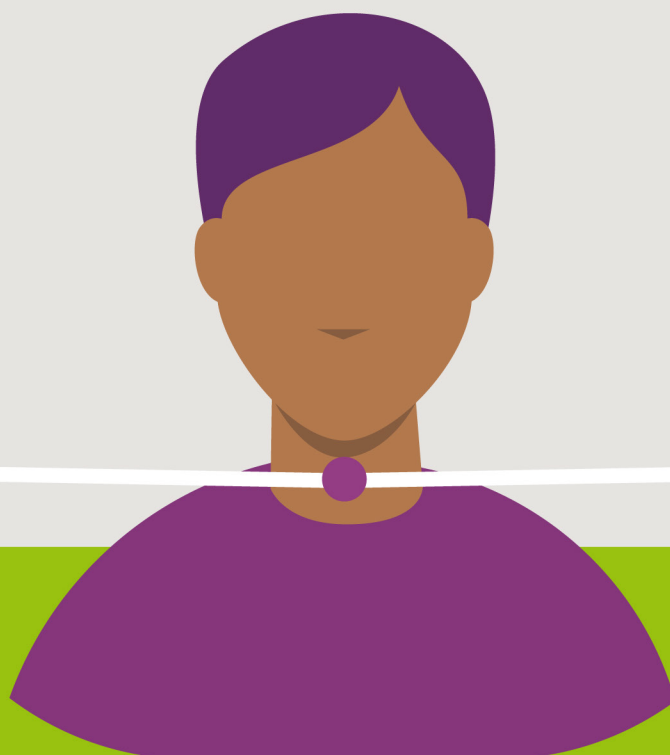


**NDIS Quality  
and Safeguards  
Commission**

# Medicines that cause swallowing problems

What you need to know

Easy Read fact sheet

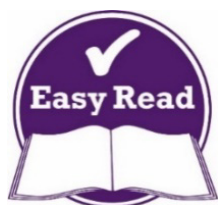


## How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

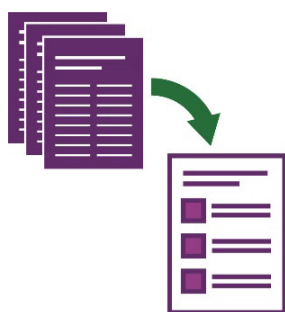
We use pictures to explain some ideas.

**Bold**  
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

[www.ndiscommission.gov.au/workerresources](http://www.ndiscommission.gov.au/workerresources)



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

## What causes problems with swallowing?



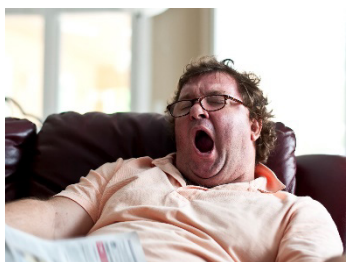
You might take medicine for your:

- disability
- health.

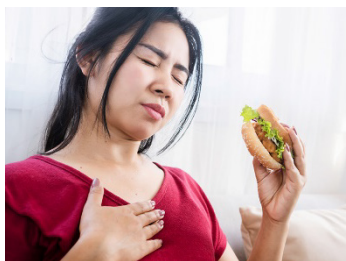
These medicines might:



- make it hard for you to swallow



- make you feel very sleepy.

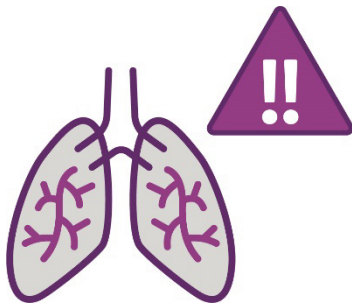


This can make it harder for you to swallow food and drink.



People with disability are more at risk of health problems when they have trouble swallowing.

These health problems include:

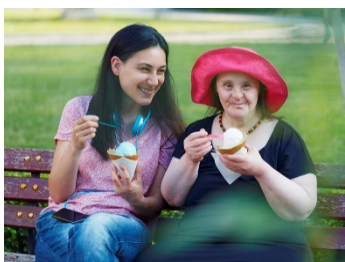


- lung infections



- choking on food or drink.

## What can other people do to help you?



If you are at risk of choking, the people who support you can help.

People who support you can be:



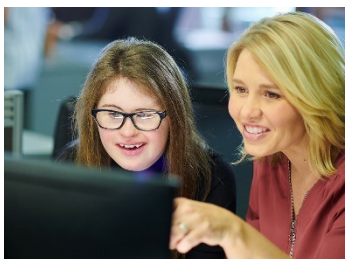
- NDIS workers



- health care workers



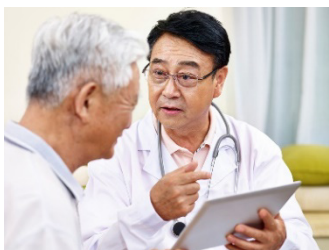
- family members or friends



- other supports and services.

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If you still have trouble swallowing, people who support you can help you go to a:



- doctor



- speech pathologist.

You doctor can check your medicines and work out if you need to:



- keep taking a medicine

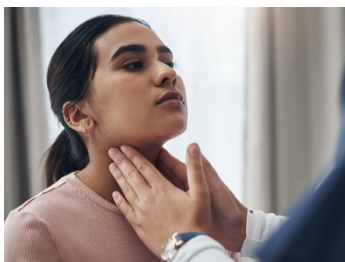


- change medicines



- take less of a medicine.

A speech pathologist will check:



- how well you can swallow

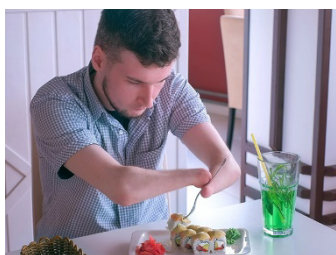


- if you need help eating and drinking.



They might make a plan for you to help you eat and drink safely.

The plan might talk about:



- how to sit during mealtime



- how food should be prepared to make it easier for you to eat and enjoy



- ways to help you eat



- how to help you if you cough or choke when you are eating or drinking



- special equipment you might need to help you eat.

The plan must:



- be checked often



- meet your needs.



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## More information for you



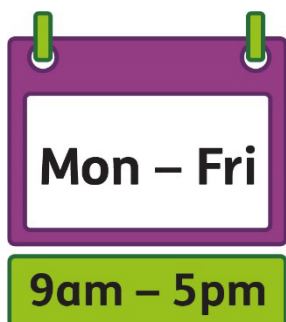
If you want more information about supporting people who have problems with swallowing, you can go to our website.



[www.ndiscommission.gov.au/workerresources](http://www.ndiscommission.gov.au/workerresources)

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## Contact us



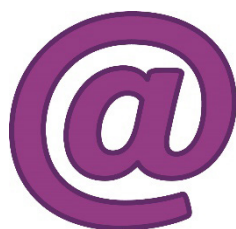
You can call us from 9am to 5pm,  
Monday to Friday.



If you live in the Northern Territory, you can  
call us from 9am to 4.30pm.



**1800 035 544**



You can send us an email.

[contactcentre@ndiscommission.gov.au](mailto:contactcentre@ndiscommission.gov.au)



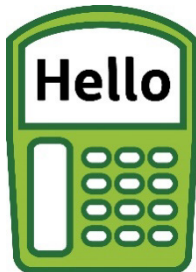
You can write to us.

NDIS Quality and Safeguards Commission  
PO Box 210  
Penrith  
NSW 2750



You can go to our website.

[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)



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