

# choking awareness !

## good ideas to help stop choking



! People with difficulties should have a swallowing assessment



! Use a Personal Place Mat



! Change what you eat  
Avoid high risk foods



! Change the way you eat  
Use safe eating strategies



! Change where you eat. Adopt a safe eating environment



! Use a communication tool to help you think about choking



! Support choices



! Promote good oral health



! Everyone learn first aid