

## Dysphagia Support

As an NDIS provider, Life Without Barriers (LWB) must comply with the NDIS Practice Standards and Quality Indicators to deliver high quality and safe High Intensity Daily Personal Activities (HIDPA) support. In addition, trainers should use the [High Intensity Support Skills Descriptors](#) to ensure the training they offer equips LWB staff with the skills and knowledge expected to provide high intensity supports.

To support this, on the next page is a table to guide Appropriately Qualified Health Practitioners (AQHP) in the training requirements regarding the provision of HIDPA Dysphagia Support.

When training LWB staff in Dysphagia Support, please include ALL the essential elements relevant to the person's plan and support task.

You will be asked to complete an endorsement following training to confirm the following:

- you have accessed the NDIS LWB 5683 HIDPA Dysphagia Support - Training Essentials (this document)
- you have accessed the relevant LWB HIDPA Support Procedure
- names of staff member/s you trained in the person's plan and support task
- that the staff member/s were assessed as competent and effectively demonstrated skills, knowledge and understanding associated with the person's plan, or whether further training is required.

If you have any additional questions regarding the training and requirements of our staff, please contact our Professional Learning Team at [LearningDMH@lwb.org.au](mailto:LearningDMH@lwb.org.au).

Thank you for working in partnership with LWB to maintain the safety and wellbeing of the people we support, and for assisting us in complying with the [NDIS Practice Standards and Quality Indicators](#) related to the provision of Dysphagia Support.

Essential Training Element	Training Outcome LWB staff members will practically demonstrate :
<b>Understands Dysphagia Support, the purpose and complications associated with the procedures</b>	A clear description of the reason and purpose of the prescribed Mealtime Management Plan (MMP)
	An understanding of the person’s prescribed MMP
	A clear description of how they can recognise and respond to signs, symptoms and risks associated with severe dysphagia
	Identification of risks and possible outcomes of not following the person’s MMP and how to avoid them
<b>Emergency Response</b>	An understanding of when to stop the procedure and what action to take
	An explanation of how they would respond to an incident and emergency (coughing and choking) related to eating and drinking and apply emergency first aid. Refer to Responding to Choking resource
<b>Preparation and delivery of mealtime support as per the person’s plan</b>	Appropriate communication with the person about their mealtime activities and food/fluid preferences
	How to follow recommended procedures for food and fluid preparation techniques
	How to check that the person is alert and able to consume meals, snacks and drinks safely at the time of providing support
	How to prepare food (blended) and fluid to texture and requirements recommended in MMP
	How to follow recommended requirements in the MMP for mealtime positioning and mealtime equipment (e.g., modified cutlery)
	How to serve food and fluid at the correct temperature, texture and consistency listed within the MMP
	The correct use of techniques specified in the MMP, such as food placement or pacing strategies

Essential Training Element	Training Outcome LWB staff members will practically demonstrate :
	How to implement any environmental considerations outlined in the MMP (e.g. reduces distractions or applies positive behaviour support to create a safe and enjoyable mealtime experience)
	Identification of meals and food items for a person and set them apart from meals that are for other people.
	Medication administration and support the way it is outlined within the MMP and Medication Chart (e.g., crushed) – as required.
Shows respect for the individual and works with them to make the process comfortable	Regular communication and reassurance with the person throughout the process
	An explanation to the person of each step to be taken and seek their consent before performing any tasks
	Actively involving the person in their support, as outlined in their plan, and to their chosen level and respects the person’s independence, participation in, and enjoyment of the meal
Health, Safety and Environment	Hygiene and infection control procedures. For example, they wash their hands before and after the procedure and use the correct PPE
	Safe storage of mealtime management items and food, in accordance with health standards
	Cleaning and disposing of all equipment and waste appropriately
	Appropriate and accurate documentation and when the procedure is completed