

EATING SAFELY - NUTRITION AND SWALLOWING

COURSE DURATION:	4 hours
COURSE LOCATION:	John Henry Institute – Suites 5&6, 68 Clarence St, Port Macquarie
COST:	\$150 per person

Summary

This hands-on practical course is designed for individuals who are required to assist a client with nutrition through either mealtime planning, modified preparation or assisting to eat.

Content

- Review of Australian Dietary guidelines
- Anatomy and mechanics of swallowing
- Modifying meals and industry terminology
- Demonstration and practice of modifying foods and fluids
- Seating and positioning principles
- Modified equipment examples
- Review of a mealtime management plan documentation

Prerequisites

There are no prerequisites to attend this course.

Assessment Requirements

The assessments for this activity are included in the group discussions and practical activities throughout the session. If deemed competent, you will be issued with a *Certificate of Completion*.

Course Numbers

In order for this course to proceed, a minimum of five (5) and maximum of eight (8) participants is required.

Course Length

Duration: 4 hours.

Refreshments: morning tea and a light lunch provided.

Contact

For more information or if you would like to enrol, please contact our friendly team on 02 6583 2321 or info@jhi.edu.au.