



Philadelphia Coordinated Health Care
A Core Program of PMHCC

Fall, 2018 Issue 42

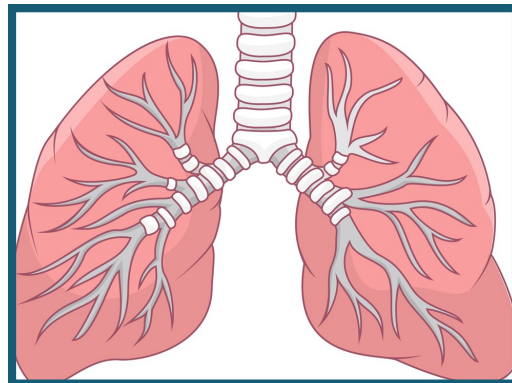
Empowerment through
education, support and **advocacy**

ACTIVE NEWS

This Publication is for Individuals with Intellectual and/or Developmental Disabilities and their families

What Is Aspiration?

Aspiration occurs when solid foods or liquids enter the airways or lungs. You may begin to cough or gag when this happens. Some people may not know this has happened until they become ill. **Call your doctor for treatment options.**



What Is Choking?

Choking is when food or other items become stuck in the back of your throat and you can't breathe.

This is an EMERGENCY!
Start First Aid if the person is awake and have someone call 911. If the person is not awake call 911, then start First Aid. TAKE ACTION!



What Can Cause Aspiration Or Choking?

- ♦ Difficulty swallowing
- ♦ Eating too fast
- ♦ Being fed too fast
- ♦ Not sitting correctly on the chair while eating
- ♦ Talking while eating
- ♦ Not chewing your food properly



Ways To Stay Safe While Eating

- ♦ Make sure the food is the right consistency for you
- ♦ Eat slowly
- ♦ Take small bites and cut your food in small pieces
- ♦ Don't talk while you eat
- ♦ Have good posture while eating
- ♦ Sit at a table when eating



Signs Of Choking

This is an Emergency!

- ♦ If a person is in an anxious or agitated state
- ♦ Difficulty breathing
- ♦ Face has turned red
- ♦ Has noisy breathing
- ♦ Severe coughing or gagging
- ♦ Hands at throat
- ♦ Not able to talk or breathe
- ♦ Skin is turning grey or blue
- ♦ Loss of consciousness



If you think something is wrong with your chewing and swallowing;

- ♦ Tell staff or family member
- ♦ Talk to your agency nurse or care-taker
- ♦ See your doctor

For More Information Go To The Link Below

<https://www.pchc.org/images/PDFs/Publications/Physical-Health/Dysphagia-Resource-Directory.pdf>

OR

On PCHC's Website @ www.pchc.org

Under Announcements: ODP Health Alert
Choking: A Medical Emergency



To schedule a training: e-mail
pcragin@pmhcc.org OR bdowns@pmhcc.org



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Information and education provided by PCHC is intended as general information only and is not all inclusive or intended to replace medical advice. If you believe that you, or someone you support, have physical, dental or behavioral health issues, please seek professional advice.

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Learn more at www.pchc.org

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