



## Aged Care Update



### Inside:

1. OSP and Aged Care Services
2. What relationship does ageing have with swallowing?
3. Xerostomia and how you can manage
4. Links to thickened fluids resources

# Welcome to OSP

Welcome to another Optimal Speech Pathology Newsletter!

We have been busy putting this one together, and it is packed with OSP news, information and events.

Read on to hear more about what Optimal Speech Pathology offers in Aged Care, links to thickened fluids resources, and much more!

All in all, this issue has been created to provide a thorough aged care update. As always, let us know if you would like to see a particular focus in future newsletters!

\* Disclaimer: Optimal SP is pleased to provide resource links for our Aged Care community. OSP expressly disclaims any and all liability in respect for use of these resources

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## Optimal SP Introductory Dysphagia Workshops

Our Speech Pathologists average more than ten years of experience in the management of clients with swallowing disorders.

This program, which offers an introduction to Dysphagia Management for Enrolled Nursing, Residential Carers and Catering Staff, has been successfully received in acute hospitals, intensive care units, Parkinson's Disease Groups, residential settings, aged care and private homes.

This workshop will introduce:

1. The Normal Swallow – anatomy and stages of swallowing
2. Common swallowing disorders
3. Signs and Symptoms of Swallowing Disorders
4. Risk Management/Safe Swallowing Techniques
5. Dietary Modifications
6. Ongoing Management Issues

Program: Total Duration of Introductory Presentation is 45 minutes. Programming can accommodate the needs of your particular work environment.

Cost: \$200 per workshop, including visual materials and handouts. We will liaise with you regarding your audiovisual facilities.

Enquiries: Programs are generally booked six weeks in advance so early enquiry is welcomed:

Call **0403 903 822** and leave your details.

## Optimal SP Aged Care Specialists

Optimal Speech Pathology provides comprehensive assessment and management of communication and swallowing difficulties in adults.

We have specialist skills and knowledge in the areas of:

- Stroke
- Respiratory disorders
- Parkinson's Disease
- Dementia.

We can generally attend appointments within five working days and will be happy to work with staff, family and residents in tailoring individual management plans.

Referral is simple.

Call **0403 903 822** and leave the referral details. We will arrange the next available Speech Pathologist to attend.

Cost of assessment is \$160, which includes our travel, consultation time, report preparation and any follow up phone calls.

If a GP referral is made under a Chronic Care Plan you will be able to pay in full and then claim a \$55 rebate through Medicare. DVA Gold cardholders may be eligible for certain conditions.

If you are unsure please just call us at any time on 0403 903 822 or follow us on Facebook (Optimal Speech Pathology) for regular updates.

## Ageing and Swallowing

Swallowing difficulty (dysphagia) is a common consequence of many medical conditions, including stroke, chronic diseases that affect the nervous system and surgeries that affect the head and neck. But swallowing difficulty can also be associated with ageing. In fact, it has been estimated that as many as 20% of individuals over the age of 50 years, and most individuals by the age of 80 years, experience some degree of swallowing difficulty.

Some changes that impact swallowing with aging may be obvious, for example, missing teeth or shifting tooth positions that affect how we “prepare” food to be swallowed. Other changes may be less obvious, but can increase the effort required to swallow, and even interfere with our swallowing safety and effectiveness.

Some symptoms, for example, coughing or choking during or after eating or drinking, or a feeling that food or a pill gets “stuck” somewhere, may be an indication of a more serious problem, and need to be brought to your physician’s attention right away.

For the full article, head to:

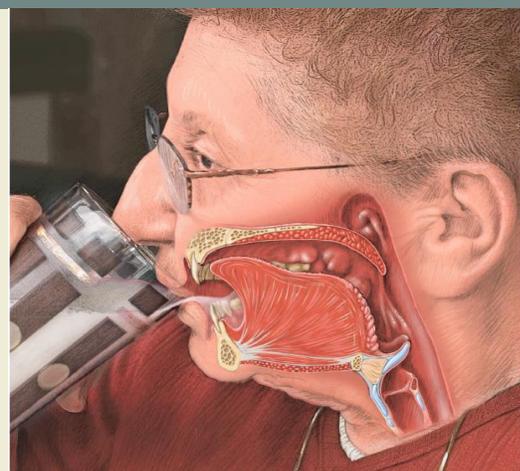
<http://swallowingdisorderfoundation.com/how-aging-affects-our-swallowing-ability/>

Search: [Swallowing + ageing + effects](#)



A swallow by a 20-something year old (on the left) versus a 70-something year old (on the right) - Check out the full video:

<https://vimeo.com/60944584>



### Feeling swamped by thickened fluids?

Thickened fluids may have a role for some people with Dysphagia but have to be prescribed and prepared carefully.

Our OSP Dysphagia education includes some great tips on thickened fluids but here are a few more product resources that may assist:

- Flavour Creations design and manufacture great tasting textured foods and fluids for individuals with dysphagia. A guide to mixing thickened fluids:  
<http://www.flavourcreations.com.au/images/brochures/InstantThickMixingGuide.pdf>
- Safe Swallowing offers great insight and information into thickened drinks, what they are and how they work.  
<http://www.safeswallowing.com.au/UnderstandingThickenedDrinks.htm>
- Here is a video by Nestle - Julie Cichero (Speech Pathologist) gives a great explanation on dysphagia then demonstrates how to hand thicken drinks:  
<https://www.youtube.com/watch?v=OCiSx7mh-5A>



## Oral Health Toolkit

The *Oral Health Care for Older People in NSW: a toolkit for oral health and health service providers* provides oral health care information, aids and resources to enable oral health and allied health professionals to integrate oral health into their health promotion initiatives for older people. This will improve the oral health status and quality of life of these older Australians.

The Toolkit is not intended to give information or guidance about how to diagnose or treat oral health issues of older adults. Rather, it is a guide on how to prevent and minimize oral health problems that are associated with older people.

Take a look at this resource by clicking on the link:

[http://optimalisp.com.au/attachments/oral\\_health\\_toolkit\\_for\\_older\\_people\\_consultation\\_final\\_oct14.pdf](http://optimalisp.com.au/attachments/oral_health_toolkit_for_older_people_consultation_final_oct14.pdf)

Search: [Optimalisp + Oral + health + toolkit](#)

Dry mouth can significantly affect oral health.

Are you at risk? Take the Biotene short quiz on this page to find out:

<http://m.biotene.com/dry-mouth-quiz>

Search: [Biotene + Dry + Mouth + Quiz](#)

## Xerostomia and Swallowing Function

Xerostomia is a reduction of saliva produced or an altered composition of saliva produced. Medications are the most common causes for xerostomia. In fact, there are over 400 medications that can cause dry mouth.

Xerostomia doesn't just lead to difficulty with bolus manipulation, it can impair ability to taste food, impact dental health, increase risk for yeast and bacterial infections, discolour teeth, alter fit of dentures, and decrease enzymes to begin the digestion process.

### Tips for managing xerostomia:

- Regular oral care including use of an alcohol free mouthwash. Alcohol mouthwashes can increase dryness.
- Sipping on water or ice chips throughout the day works better than saliva replacement gels.
- A room humidifier has greater benefit than supersaturation of nasal cannula humidification.
- Increase fluid intake before and during meals.
- Use gravies or other liquids to increase ease of food being swallowed.
- Decrease use of caffeine and alcohol which have drying effects
- Chewing sugarless gum may be a comfort to some patients

For the full article and more information, head to:

<http://graymattertherapy.com/xerostomia-and-swallow-function/>

Search: [Xerostomia + Swallow + Gray](#)

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## Communication Matters

The average person speaks around 150 words per minute or a staggering 16,000 words a day. Sadly, for many people residing in aged care facilities, the ability to communicate has been lost or diminished due to medical conditions like stroke or dementia.



“Losing your ability to communicate is a ‘silent disability’ that goes unnoticed by most Australians not directly affected. We need to change this.”

Click the link below to view a moving video from Speech Pathology Australia about the importance of communication:

<https://www.youtube.com/watch?v=2WPyp2wNZ08>

Search: [Communication + Matters + Youtube](#)

## App Update

### Aged Care

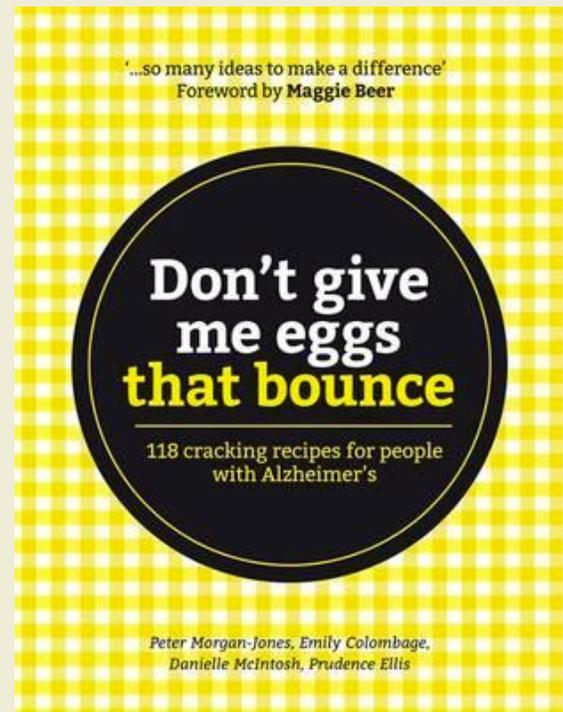
This app allows you to:

- Read all the latest news and updates from the government departments relating to health and ageing
- Share important news items across a range of social media networks
- Access and contact thousands of Aged Care service providers

Search: [iTunes + Aged + Care](#)

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## Book Review



### **Don't Give Me Eggs That Bounce**

Written by: *Peter Morgan-Jones, Emily Colombage, Danielle McIntosh and Prudence Ellis.*

“Don't Give Me Eggs That Bounce celebrates the dignity of older people, people with dementia and those with eating difficulties by offering nutritious, glorious food across a range of dietary needs, letting the ‘flavours do the talking’.”

The book features 118 diverse recipes for people with Alzheimer's, and is a breakthrough cookbook that was launched by Maggie Beer.

*Don't Give Me Eggs That Bounce* authors also write about how to make mealtimes pleasurable, social and safe in the context of dementia, ageing, swallowing and texture modified diets.

Published by HammondCare Media, the cookbook is a fabulous collaboration between a dietician, speech pathologist and a chef.