

## PERSONAL FOCUS MEALTIME ISSUES TIP SHEET

If there are mealtime issues specific to specific situations or locations, be sure to include those.

☞ These are suggestions of what to consider when completing the “Mealtime Issues” section of the Personal Focus. Inclusion in the ISP should be based on the unique characteristics, needs and preferences of the person. There is no expectation or requirement that all areas be specifically addressed in the ISP.

### A. Column One (The Person’s Current Situation and What is Important to the Person):

1. Foods the person likes.
2. Foods the person does not like.
3. Concerns or problems related to eating such as difficulty eating, history of choking, history of aspiration, positioning requirements, etc.
4. Special diets.
5. Whether the person needs to gain, lose or maintain weight.
6. Specific eating instructions such as having food cut into ¼” - ½” pieces, only thickened liquid, receives all nutrition through a feeding tube, etc.
7. Risk issues related to eating such as choking and aspiration.
8. The person’s understanding of his/her diet.
9. Foods that should be avoided.
10. Any assistance the person needs to eat or drink including
  - What the person does independently;
  - What the person needs help with;
  - How much help and the kind of help the person needs; and
  - The things that someone else must do for the person.
11. The person’s ability to request or independently access water when thirsty.
12. Durable, medical, mobility, adaptive or assistive technology, equipment or supplies needed including:
  - When it’s used;
  - Where it’s kept;
  - Is it available; and
  - Is it in good repair?

**There can be no conflicting information regarding mealtime issues. Any unclear or conflicting information must be resolved and recorded in the ISP correctly.**

B. Column Two (What the Person is Dissatisfied With and What Needs to Be Changed):

1. What the person wants to be different, if anything;
2. Anything the person wants to learn how to do in relation to mealtime.
3. Any new risks related to mealtime.
4. Changes that need to occur for mealtimes.