

Speech Therapy Home Program

Dear _____ ,

It was a pleasure working with you in speech therapy! Recovery continues even after you leave, so here are some things you can do to help.

Stick to your recommended diet:

Solids _____

Liquids _____

Use your safe swallowing strategies:

- Sit completely upright when you eat or drink
- Take small bites and sips
- Tuck your chin to your chest, then swallow
- Hold each bite and sip in your mouth for _____ seconds, then swallow
- Turn your head _____, then swallow
- Swallow HARD
- After eat bite, take a sip
- Swallow twice
- _____
- _____

Do your swallowing exercises:

- Effortful Swallow
- Mendelsohn Maneuver
- Head Lift
- Chin Tuck Against Resistance
- Tongue exercises
- Lip exercises
- Jaw opening
- Effortful pitch glide
- Straw suck
- _____
- _____

Follow these general tips:

- Brush your teeth daily
- Floss daily
- Eat in a quiet environment with minimal background noise
- Unclutter the table as much as possible before each meal
- Focus on just eating, avoid multitasking
- Sit in a comfortable seat that supports good posture
- Eat when you have energy
- _____
- _____

Thank you for all your hard work!

Speech Therapy Department