Help us to work together...
...to make sure I’m eating and drinking well

Let us know if the patient:
• is hungry or thirsty
• has lost weight
• has trouble chewing or swallowing or special dietary needs
• needs help with eating or drinking or needs special utensils
• cannot reach their food, drink or call bell

Make sure that the patient:
• has frequent drinks (unless advised otherwise)
• eats as well as they can
• gets help with eating and drinking if needed