

## Learn about swallowing problems

Many people with intellectual disability have problems swallowing, eating and drinking.

This is known as dysphagia.

This Easy Read resource is about swallowing problems.

You can download a PDF guide that explains:

- causes of swallowing problems
- different types of swallowing problems
- things that happen when you find it hard to swallow
- how doctors can help with the problem.

**In Australia, you should call Triple Zero 000 if you have trouble breathing.**

The guide says that you should call 111 if you have trouble breathing. But that is the number to call if you live in the United Kingdom.

## We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

**This resource was made by**

## Easy Health

Easy Health is an online library of **accessible**

If something is **accessible**, it means that everyone can use and understand something. For example:

- accessible buildings have ramps so that people with wheelchairs can come inside
- accessible health information uses easy words that most people understand
- accessible health services make changes so that people who feel worried about seeing the doctor feel calm and in control.

Accessibility makes things fair for people with a disability.

health information made in the United Kingdom.

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