

Food and drink in aged care – supporting informed choice & risk

Supporting a resident's choice to accept risks can help them to live the life they choose. The Aged Care Charter of Rights states that residents must be enabled to make choices, including where those choices involve personal risk.



Frequently asked questions



What if a resident wants food or drink that is a risk to them?



Residents can choose to accept food risks so they can enjoy their meals.



What if a resident wants food or drink that might make them cough or choke?



Residents can choose to understand and accept a risk of choking.



What if a dietitian, speech pathologist or doctor advises that certain food or drink may be a risk to a resident, or they shouldn't have a certain food or drink?



As long as residents have been given enough information, they can make an informed decision to accept the risk.

Your role is to:



Respect the resident's choices and decisions.



Understand that not allowing choice is a risk to quality of life and nutrition.



Give the resident all the information about risks to them and to others, so that they can make an informed choice.



Ask residents what they want and check with them regularly about their choices.



Ensure the resident has access to professional assessment and advice.



Document and share the resident's choices and decisions with your relevant colleagues.



Assist the resident to manage the risk they choose to accept.



Ensure you and your team have the right skills, knowledge and training to support residents' choice and risk.

