

## Meal Assistance Questionnaire

No	Item	Correct	Incorrect
	<b>General knowledge</b>		
1	The movement of swallowing muscles is based only on conscious movement.		
2	Decreased visual function can impair eating ability.		
3	Most people have swallowing reflexes.		
4	Decreased olfactory function due to aging will not have an impact on reducing salivary gland production.		
	<b>Before meal period</b>		
5	One of the goals of mouth and facial exercises is to maintain and increase the strength of the tongue, lips and cheeks muscles.		
6	Proper position when providing feeding assistance can prevent aspiration.		
7	The right position in providing feeding assistance to the older adults should have the neck upturned and leaning forward.		
8	Due to a decrease in finger and hand muscles, many older adults are unable to be independent and hold a spoon or chopsticks properly.		
	<b>Meal preparation period</b>		
9	Cutting food into smaller pieces will help prevent choking.		
10	Spoon with a flat surface is suitable for patients with wrists movement difficulties.		
11	When choosing eating utensils, the most important thing to consider is its strength/durability, cleanliness, and safety when used.		
12	A good eating aid is one that can make it easier for the older adults to eat independently.		
13	The right dining table is one that cannot be adjusted in height.		
	<b>During meal period</b>		
14	When feeding people with severe dementia or dysphagia, it is better to provide feeding assistance from the patient's side.		
15	The readiness of the older adults to receive food can be seen when it is time to enter food, the mouth opens, and the tongue is on the back of the teeth.		
16	For older adults with dentures, if the dentures are not in place, the spoon must be positioned at the base of the rounded tongue.		
17	If the food to be given is in the form of porridge, do not put the whole spoon into the mouth; instead, place the spoon on the lower lip.		
18	The right time to pluck/remove the spoon is when the upper and lower lips are closing.		
19	Among older adults who are easily tired and have difficulty opening their mouths, it is better to use a small teaspoon/spoon.		

20	In older adults with impaired upper body muscle decline from the elbow to the forearm, it is best to use a supporter to stabilize the hand position.		
<b>Swallowing period</b>			
21	Eating in a flexed neck position will increase the choking risk.		
22	Older adults with dysphagia (impaired swallowing) are not necessarily at risk of choking.		
23	Aspiration occurs because food/foreign objects enter the respiratory tract.		
24	People who are choking without a cough reflex are at lower risk of aspiration than those with a cough.		
25	Choking occurs due to the inability to breathe caused by a blockage in the throat or airways.		
<b>After Meal period</b>			
26	Clean up the mouth cavity after a meal can prevent the remaining food/foreign objects from entering the respiratory tract.		