

6/23/2023 **(PLEASE READ THE WHOLE MESSAGE)**

Hi Adult Day Health Staff:

- ❖ There is one Module that have been loaded on Relias Learning to complete.
 - **Techniques for Safe Swallowing and Feeding:** For those individuals with difficulty chewing or swallowing, mealtime becomes especially risky. The normal aging process, medical conditions or disease, and even certain medications increase the risk of injury or death from choking and aspiration. This course discusses dysphagia and safe swallowing and feeding techniques to help prevent aspiration.

- ❖ To access Relias Learning go to <https://leahi.training.reliaslearning.com>
- ❖ Once signed in, you will see the loaded module in your learning page. Click on the **green** “start” button. Take the final exam once you view the module.
- ❖ This in-service should be done during your work time. If you choose to do it on your off time or at home, no OT will be given. The length of time for this module is 1 hour. Therefore, ample time is being given to complete the module. It is recommended to take a few minutes a day during your shift to view the module instead of trying to cram it in last minute.

Start Date: **Monday June 23, 2023**

Deadline: **Friday, July 14, 2023**