From JABSOM Department of Geriatric Medicine
Videos available in three languages

**Caregiver Empowerment Series**

**Dysphagia (Swallowing Difficulties) and Aging**

Designed for caregivers helping someone with dysphagia, the 19-minute program includes information on the phases of dysphagia, esophageal reflux and lifestyle measures to manage it, aspiration risk reduction, dietary considerations, modifying food and liquid textures, dysphagia and dementia, and end of life concerns.

[YouTube]

English, Chuukese, Ilocano and Samoan versions can be viewed at: [http://geriatrics.jabsom.hawaii.edu/gwep](http://geriatrics.jabsom.hawaii.edu/gwep) or scan the QR code on the right.

For inquiries and copies, please contact:
Department of Geriatric Medicine
(808) 523-8461

Made possible by a grant from
The Health Resources and Services Administration (HRSA)
Geriatrics Workforce Enhancement Program