



On this page you will find:

- [Putting your best foot forward, promoting foot health in care home settings](#) - provides practical tips and guidance for healthy feet and checks
- [Bringing Music Activities to people living in care home settings; Covid 19 and beyond](#) - This information will provide activities and suggestions to support sensory stimulation activities and signpost to available online resources
- [Time to Hydrate](#) - regional guidance for staff to identify, manage and support optimum hydration
- [Food First; adding extra nourishment to food and drinks in care home settings](#) - information on supporting nourishment via food first approaches, snacks, tips and action plan
- [Information for carers and staff to support oral hygiene for people with swallowing difficulties](#)

Remote video URL

Remote video URL

# Downloads

Attachment	Size
<a href="#">20-10 PHA Music Sensory Brochure AW Revised.pdf</a>	13.61 MB
<a href="#">Time to Hydrate (web).pdf</a>	484.81 KB
<a href="#">Food First (web).pdf</a>	341.18 KB
<a href="#">How to help people with swallowing difficulties (web) 0.pdf</a>	295.3 KB
<a href="#">A3 Podiatry Poster.pdf</a>	1.12 MB

## Tags

- [care home](#)
- [dysphagia](#)
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