

Orientation

What the standards actually say, and where they put the weight

By the end of this module you will be able to

By the end of this lecture you will be able to ...

01

State the count across both documents, and say where each number comes from

02

State the counterweight in your own words, without being prompted

03

Explain why the standards regulate the twenty minutes before rather than the ninety seconds after

04

Say what a Practice Standard is and is not, and where a choking technique actually comes from

05

Recognise the two documents by name and know which scheme each one binds

Seventy-six pages, counted twice

NDIS Practice Standards V4 (45 pp) and ACQSC Standard 6 guidance (31 pp), counted 28/09/2026

1

mention of 'choking'

0

choking techniques

54

mentions of 'dining experience'

The finding

And it is a fact about two documents

- TWO AUSTRALIAN REGULATORS WROTE MEALTIME STANDARDS, AND ONE OF THEM WROTE ITS STANDARD BECAUSE PEOPLE WITH DISABILITY WERE DYING OF CHOKING AND ASPIRATION. Across seventy-six pages, 'CHOKING' APPEARS ONCE. 'Dysphagia' appears ZERO times in the aged care standard. 'IDDSI' appears ZERO times in either. And NEITHER CONTAINS A SINGLE CHOKING TECHNIQUE - first aid, CPR, back blows, chest thrusts and the Heimlich manoeuvre are zero in both. What they say instead is DINING EXPERIENCE 54 times and ENJOY 24 times.

The NDIS Practice Standards, counted

Version 4, November 2021. 45 pages, 14,349 words.

Term	Occurrences
mealtime	21
dysphagia	12
enjoyable	3
enjoy	3
texture	3
swallowing	3
nutritious	2
annually	2
choking	1
choke	0
aspiration	0
first aid	0
CPR / resuscitation	0
back blow / chest thrust / Heimlich	0 each

Aged Care Standard 6 guidance, counted

ACQSC guidance material. 31 pages, 9,764 words.

Term	Occurrences
dining experience	54
enjoy	21
modified	12
dietitian	11
texture	10
appetising	9
malnutrition	7
weight loss	5
swallow	3
speech pathologist	1
choke	1
choking	0
dysphagia	0
IDDSI	0

AND THE SENTENCE THAT TRAVELS WITH THE COUNT, EVERY TIME

Say this in the same breath as the number. Never after the break.

- AND HERE IS THE SENTENCE THAT TRAVELS WITH THAT COUNT, EVERY TIME IT IS SAID OUT LOUD. THIS IS NOT PERMISSION TO SKIP CHOKING RESPONSE TRAINING, AND IT IS NOT A CLAIM THAT CHOKING DOES NOT MATTER. The NDIS standard explicitly requires every worker to understand 'the steps to take if safety incidents occur during meals, such as coughing or choking on food or fluids' and 'how to seek help'. The Practice Alert requires staff to know how to respond and WHEN TO CALL AN AMBULANCE. The technique belongs to a CURRENT FIRST AID CERTIFICATE and to THE PERSON'S OWN MEALTIME MANAGEMENT PLAN - not to a Practice Standard, and not to this programme.

So what is the count actually telling you?

A service whose entire mealtime safety programme is a first aid refresher has trained for the ninety seconds and left the twenty minutes unmanaged.

- What the count actually shows is WHERE THE REGULATORS PUT THE WEIGHT: on the twenty minutes before the meal rather than the ninety seconds after it. Assessment, texture, positioning, pace, supervision, the plan and the review are what the standards regulate, because that is what prevents the event. A service whose entire mealtime safety programme is a first aid refresher has trained for the ninety seconds and left the twenty minutes unmanaged.

PART 2

Why the standard exists at all

It was written because people died

NDIS Commission Practice Alert: Dysphagia, safe swallowing and mealtime management, November 2020.

- People with disability who have dysphagia are MORE LIKELY TO DIE FROM CHOKING OR RESPIRATORY ILLNESSES or have serious health complications because of poor management of dysphagia.
- Studies have found that ASPIRATION PNEUMONIA AND CHOKING WERE AMONG THE MOST COMMON RESPIRATORY CAUSES OF DEATH for people with disability in NSW, QLD and VIC.

And that is where the standard came from

- The Mealtime Management and Severe Dysphagia Management practice standards commenced 15 NOVEMBER 2021, in response to the findings of Trollor and Salomon's 2019 scoping review of causes and contributors to deaths of people with disability in Australia. THAT REVIEW WAS NOT READ FOR THIS BUILD - it is cited by the NDIS Commission's own Practice Alert, which was.

What this programme will and will not give you

WILL: the standards, verbatim

Both outcomes, all the indicators, and the counts - so you can check every one yourself.

WILL: the fourteen signs, and the quiet ones

A gurgly voice, a forty-minute meal, weight coming off slowly.

WILL: what to do before, during and after a meal

Which is where the regulators put the weight.

WILL NOT: a choking technique

That is an accredited first aid certificate, practised on a manikin and assessed. Deliberate, not an oversight.

WILL NOT: an IDDSI test criterion

The V2.2 detailed definitions document could not be retrieved for this build. No millilitres, no millimetres, no test descriptions.

WILL NOT: an assessment, a level, or a plan

Those belong to a speech pathologist, and a dietitian contributes.

BEFORE YOU MOVE ON

What to carry out of Module 00

- The count: one mention of choking across seventy-six pages, and no technique in either.
- The counterweight, which is not optional and is not a footnote.
- The reason: prevention is what a standard can regulate, and a technique is what a certificate can assess.
- And the question the rest of the programme answers: if not the technique, then WHAT?

Module 01: which scheme binds you, and which of the two standards applies.