Observation Form

Please tick observed abilities

Mealtime Observations: Ability to Eat & Drink	Not Seen	Seen Once	Seen Repeatedly
Reduced ability to use cutlery (spoon, fork or knife)			
Reduced ability to get food onto cutlery (spoon, fork or knife)			
Reduced ability to cut meat (or other foods)			
Reduced ability in identifying food from plate			
Plate slides or is moved around the table			
Reduced ability using cups or glasses			
Reduced ability seeing or identifying cups or glasses			
Spills drinks when drinking			
Stares at food without eating			
Falls asleep or is asleep during meal time			

Mealtime Observations: Preferences & Choice	Not Seen	Seen Once	Seen Repeatedly
Prefers sweet food or eats desserts / sweets first			
Only eats certain foods			
Eats (or drinks) too fast			
Mixes food together			
Does not eat lunch but eats breakfast and some dinner			
Eats very small amounts of food (or drink)			
Slow eating or prolonged mealtimes			

Mealtime Observations: Meal Behaviours	Not Seen	Seen Once	Seen Repeatedly
Hoards, hides, throws or plays with food			
Eats other peoples food (or drink)			
Refuses to eat (verbally or physically)			
Bats away or pushes away spoon presented by carer			
Turns head away when being fed			
Distracted from eating			
Demonstrates impatient behaviour around mealtimes			
Interrupts at mealtimes or wants to help			
Eats small amounts and leaves table			
Walks during mealtime or unable to sit still for meals			
Shows agitated behaviour or irritability			

Mealtime Observations: Oral Abilities & Behaviours	Not Seen	Seen Once	Seen Repeatedly
Bites on cutlery (spoon, fork, knife)			
Reduced ability chewing			
Reduced ability swallowing or refusing to swallow			
Prolonged chewing without swallowing			
Does not chew food before swallowing			
Holds food or leaves food in mouth			
Spits out food			
Does not open mouth			

KEY: **Not Seen = ability maintained** **Seen Once = reduced ability observed at least once**
Seen Repeatedly = reduced ability observed twice or more often

The DMAT 'Initial Measurement Form' is free to download from **www.thedmat.com**
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