Learning Objectives

MedBridge

*Dysphagia and the Older Adult: The Aging Swallow*

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Course Objectives:

- Describe the impact of bolus volume and viscosity on swallow physiology in healthy adults.
- Describe presbyphagia in the elderly client.
- State 3 differences between dysphagia and a normal aging swallow.
- Discuss the relationship between frailty and dysphagia in aging clients.
- Identify three characteristics of failure to thrive in the elderly.

Chapter 1: Variability in Normal Swallow Physiology

This chapter describes variability in normal swallowing in order to prepare for discussion of changes with aging and changes in people with dysphagia. The chapter also focuses on the impact of bolus volume and viscosity on swallow response.

Chapter 2: Impact of Aging

The second chapter of this course discusses changes in swallow function that occur as part of normal aging (i.e. Presbyphagia), including the impact of aging on systems that support swallowing (e.g. gastrointestinal function, renal function). This chapter also distinguishes dysphagia from normal swallowing variability.

Chapter 3: Sarcopenia Swallowing from Normal Aging

In this chapter, Angela Mansolillo defines frailty, sarcopenia and failure to thrive. She also discusses the relationship of these conditions to swallow dysfunction in the elderly.

Chapter 4: Question and Answer

The final chapter of this course includes a question and answer session applying course concepts to real-world clinical scenarios.