



How Do I Know If I Would Benefit From The FOCUS Program?

You may benefit from the FOCUS Program if 3 or more of the following apply to your current eating and mealtime status.

- 1. Limited repertoire of foods are eaten on a regular basis
- 2. Inadequate nutrition and/or intake for energy
- 3. Gagging and/or choking on foods
- 4. Limited ability to chew or swallow foods
- 5. Difficulty being near less familiar foods (i.e. food being prepared, on table)
- 6. Difficulty eating foods of varying flavors, textures, and smells
- 7. You are highly specific about foods you will eat – for example, needing a food prepared a certain way or only accepting a certain brand of a food
- 8. Experience difficulty using a straw, utensil, and/or cup
- 9. Experience fatigue with eating (i.e., eats only small portion, tend to graze rather than eat larger meals)
- 10. Would describe the pace of my eating as too slow or too fast as compared to others
- 11. Feel like I have sloppy eating habits
- 12. Have a tendency to overstuff my mouth when eating
- 13. Difficulty eating in different environments or with different people (i.e. restaurants, friend's homes, workplace)
- 14. You experience heightened levels of stress around mealtime
- 15. You exhibit challenges during mealtime that impact your enjoyment of mealtime
- 16. You exhibit challenges during mealtime that impact the enjoyment of mealtime for others (i.e. friends, family members).