



**NDIS Quality
and Safeguards
Commission**

Aspiration pneumonia

Fact sheet

April 2026



EASY READS

How to use this Easy Read fact sheet



The **NDIS Quality and Safeguards Commission** wrote this fact sheet.

We will say **NDIS Commission** for short.



We wrote this in an Easy Read way.



You can ask for help to read this fact sheet.



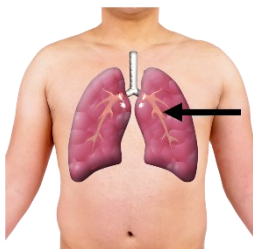
You could ask

- A friend
- A family member
- A support person.

What is aspiration pneumonia?



Aspiration pneumonia is a type of sickness.



Aspiration pneumonia can happen when something gets into your lungs that shouldn't be there.



This might be

- Food



- Drinks

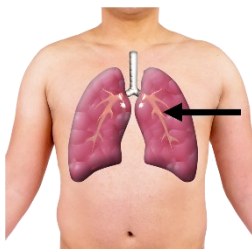


- Your saliva.

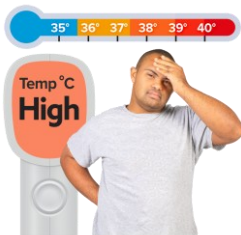
What are symptoms of aspiration pneumonia?



Symptoms are things that show you might be sick.



These are some of the symptoms for aspiration pneumonia.



You might

- Have a fever



- Cough a lot



- Have pain in your chest.

What happens if you get aspiration pneumonia?



You should go to the doctor if you think you have aspiration pneumonia.



You should call 000 if you need help right away.



You might get some medicine.



Some people can get very sick when they have aspiration pneumonia.



You might need to stay in the hospital until you are better.



Sometimes people can die from aspiration pneumonia.

Who can get aspiration pneumonia?



Some people are more likely to get aspiration pneumonia than others.



These include people with **dysphagia**.



Dysphagia is when you find it hard to swallow.



When you have dysphagia, you might cough or choke when you eat or drink.

Who can support you?



A **speech pathologist** is someone who supports you to speak with others.



They can also support you when it is hard to eat and drink.



They can write a **mealtime management plan** with you.



This plan supports you to

- Eat and drink in a safe way



- Enjoy meals.



A speech pathologist might tell you to eat and drink sitting upright.



This can help you not to choke.

What should NDIS workers do?



Your NDIS workers must know how to support you in a safe way when you have dysphagia.



You should have a plan that your workers can follow to support you well.



Your NDIS workers should be trained in your plan.



If you need help going to the doctor or a speech pathologist, talk to your NDIS worker.

Choosing what to eat or drink



The people mentioned before can support you to make choices about



- When you eat and drink



- How you eat and drink.



If they or someone else don't let you choose, you can tell us.

Contact Us



NDIS Quality
and Safeguards
Commission

You can contact the NDIS Commission for more information about aspiration pneumonia.



You can

- Call us on **1800 035 544**



- Email us at

contactcentre@ndiscommission.gov.au



- Send us a letter to:

NDIS Quality and Safeguards Commission

PO Box 210

Penrith NSW 2751



You can go to our

- Website at www.ndiscommission.gov.au



- Facebook page at

www.facebook.com/NDISCommission



- LinkedIn page at

www.linkedin.com/company/ndiscommission



- Instagram page at

www.instagram.com/NDISCommission



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