

## **SIGNS, ALERTS AND THE APPROACH OF PRESBYPHAGIA: A GUIDANCE FOR CAREGIVERS**

Fonoaudiology Ana Milena Rincón Vega<sup>1</sup>, Gerontology, physiotherapist Andrea Vasquez

<sup>1</sup>Manuela Beltran University, Bogotá, Colombia

**Introduction:** Presbyphagia is the alteration of swallowing in older adults, some authors report that muscle weakness is not as such the cause of oropharyngeal dysphagia but is the result of morphological and functional changes, normal in the aging process, in structures involved in swallowing each of the phases of swallowing: oral, pharyngeal and esophageal. The literature reports information about swallowing disorders caused by trauma or neurogenic pathologies but is limited to that associated with presbyphagia. **Purpose:** to develop a guide for caregivers of older adults, for the detection of presbyphagia and management of feeding processes. **Method:** Qualitative with descriptive exploratory scope and documentary design, based on review in the literature, using indexed databases with MeSH terms presbyphagia, Deglutition Disorders, Feeding and Eating Disorders, elderly. For the analysis, used a categorical matrix. **Results:** After the analysis of the categories established, a guide was elaborated by six chapters in which the elderly is contextualized, which are the most frequent pathologies, what is the role of the caregiver during feeding processes, which is the presbyphagia, signs, symptoms and strategies for their approach. **Conclusions:** it is important to know the changes presented in the elderly and to act appropriate. Presbyphagia is one of the expected alterations in this population, therefore it demands medical expertise, establishing programs of promotion and prevention, empowering about this condition by health services and caregivers for obtain a successful and appropriate treatment.