

Before and After Examples

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Original Text for "Liberal Bland Diet"

"This is your liberal bland diet. Due to the wide variation of individuals' food tolerance, this diet has been prepared for long term maintenance of the patient with chronic gastrointestinal disturbances. This diet is liberal in most aspects, specifically restricting only those foods which are known to be irritating to the gastrointestinal tract. Alcohol, cola beverages, caffeine, cocoa, red and black pepper, and tobacco are all foods that stimulate acid secretion in your stomach and should be avoided. Intolerances to other foods are very individual and you must determine and avoid these yourself. A sample menu is given to serve as a guide in planning a suitable diet for you."

Plain Language Version "Liberal Bland Diet"

This is your "bland diet." This diet is made for the kind of stomach problems you have. You can eat **most** foods but you need to stay away from foods that bother your stomach.

Don't drink or eat:

- alcohol (beer, wine, or liquor),
- cola drinks,
- coffee or tea with caffeine,
- cocoa or chocolate,
- red or black pepper.

Also, don't smoke or chew tobacco.

These things will make your stomach problems worse. Also, stay away from any other foods you know cause problems for you. Here is a sample menu. If you need help planning your menu, just ask us.

Excerpt from a Health Care Provider’s Brochure

“Full payment is expected at the time of service. However, discounted fees and payment plans are available. In order to qualify, you will be asked to provide documentation regarding your income.”

Plain Language Version

“Please plan to pay for your visit before you leave. If you can’t pay right away, talk to us. We may be able to charge you less or give you more time to pay. You’ll have to prove how much income you have. So bring your paycheck stubs or other proof.”

Original Text from Senior Services Brochure (SMOG Reading Grade Level of Brochure: 17th)

(This document was being given to seniors to recruit them for day services. We decided to turn it into a more appropriate format and so we changed the content to match the goal the agency was trying to achieve.)

“Provides a safe and supportive environment where frail, dependent elders receive a program that is individually designed to reduce isolation and provides an alternative to premature institutionalization.”

Plain Language Version (SMOG Reading Grade Level: 6th)

Could You Use Some Help?

Are You Lonely?

Does Your Health Make It Hard for You to Get Out?

The Senior Day Program may be for you!

- Join us for fun activities planned just for you.

- Visit with other seniors.
- Have fun!
- We can pick you up.
- We serve lunch and snacks.

Call us at 764-6458.