

dining with dementia

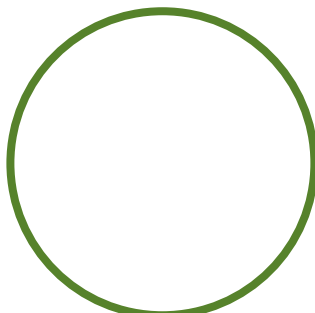
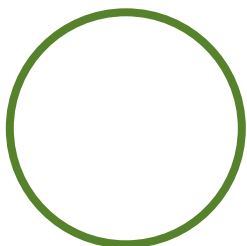


the hearth
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SUCCESSFULLY PROVIDING PLEASANT NUTRITIONAL EXPERIENCES AT ANY STAGE

- Clear away clutter, busy patterns, excess noise and all distractions during mealtime. These can overwhelm the senses and lead to trouble focusing on eating. This also goes for quantity of food on the plate. Stick to 9" plates or smaller with appropriate portions.
- Use plates that contrast the food and table. Depth perception and color variation can be difficult for many people with Dementia or other normal aging processes.
- Don't be afraid to offer something sweet first. Sweet is the last of the taste senses to go. When you start with something sweet the appetite can be stimulated by the enjoyment of eating.
- In some stages, mobility becomes a challenge. To help your loved one hold on to their independence as long as possible, purchase plates with scooped rims and utensils that are specialized and large handled. Mirroring or sitting next to your loved one and showing them how you move the utensil to your mouth can help to cue the process as well.
- Be aware of the temperature of the food or drink you are providing. Their ability to determine this on their own can become limited so it is important to recognize for them.





SNACKS AND HYDRATION

While mealtime can be an ever-changing challenge, frequent snacks can be a good alternative or addition to meals. Meanwhile, most elderly people do not consume enough water to stay hydrated for fear of the hassle of frequent urination or inability to distinguish thirst. Adding snacks and hydration to your loved one's routine can positively impact their mood, health, and behaviors.



FINGER FOODS

Throughout the disease process, your loved one may lose their ability to maneuver with utensils. If the special utensils don't help or stop helping, move on to finger foods next. Almost any meal can be deconstructed or modified to be eaten with their fingers rather than utensils.

le: Instead of a serving of spaghetti and meatballs being served traditionally, deconstruct the meal. Boil a penne type noodle and do not add sauce. Bake meatballs and cut into pieces. Serve on a plate with the dry noodles, cut up meatballs, and a small bowl of sauce for dipping.

INFUSED WATER COMBINATIONS

- Cucumber-Pineapple-Mint
- Basil-Blackberry-Lime
- Lemon-Cinnamon-Apple

MORNING SNACK IDEAS

- Yogurt or cottage Cheese with Fruit
- Toast with Nut Butter
- Quiche bites

AFTERNOON SNACK IDEAS

- Quesadilla Triangles with Salsa
- Vegetables and Dip
- Leftover Meat Sliders

EVENING SNACK IDEAS

- Nutrient Packed Smoothie
- Tortilla Wrapped Banana & Peanut Butter
- Oatmeal with Bright Toppings



PROGRESSIVE DINING NEEDS

As your loved one progresses in their disease, you will need to change aspects of your approach that may have worked in the past to meet their current needs. This is normal.

There will be certain indicators that show during mealtime to indicate you may need to seek assistance from appropriate medical practitioners: Dentists, Speech Pathologists, Gerontologists, etc.

One of these indicators is pocketing of foods in the back of the mouth while eating. This can be caused by memory loss in swallowing sequencing and/or motor control. With pocketing, your practitioners may recommend the need to begin modifying the consistency of the meals you provide your loved one.

Similarly, your loved one may regularly cough while drinking. This may be an indication to alter the consistency of the beverages you provide. There are great resources and tools available for these progressive needs specifically.

TOOLS FOR MODIFIED CONSISTENCY FOODS

- *Blender*
- *Food Processor*
- *Food Molds*
- *Rubber Spatula*
- *Disposable Piping Bags*
- *Piping Tips*
- *Freezer*
- *Steamer*

RESOURCES

WEBSITES

- www.alz.org
- www.asha.org
- www.dysphagia-diet.com
- www.simplythick.com

BOOKS

- The Essential Dysphagia Handbook***
by Claire Langdon, Karen Jardine, Julie Cichero
- The Dysphagia Cookbook***
by Elayne Achilles, EdD
- Soft Foods for Easier Eating Cookbook***
by Sandra Woodru, RD, Leah Gilbert-Henderson, PhD

VIDEOS

- Dysphagia & Hormel Thick & Easy Instant Food Thickener Demonstration***
[CLICK HERE](#)
- The Dysphagia Cookbook***
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