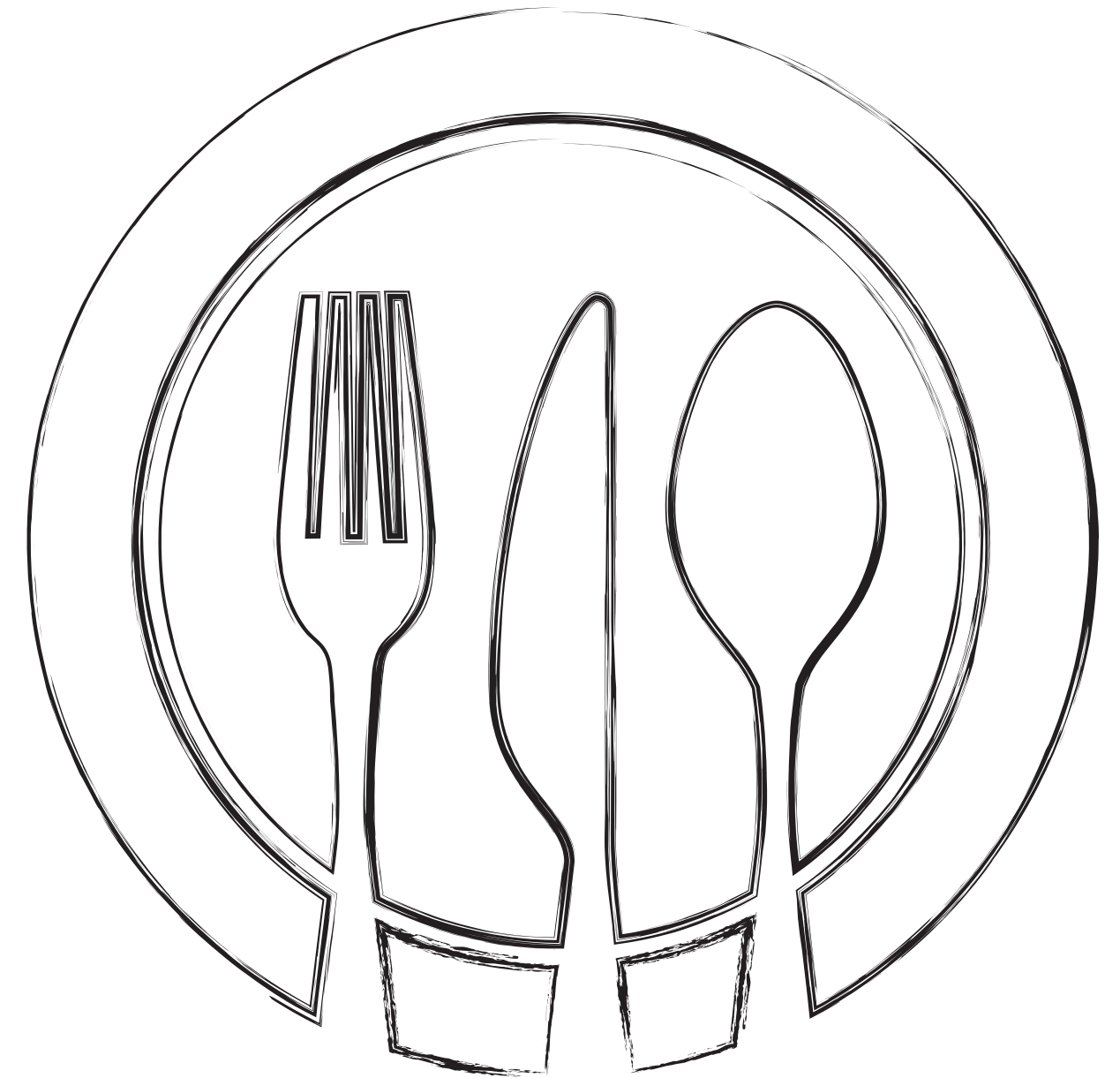


# Delivering Dynamic Dining Excellence

Nutrition, Hydration and Environment  
Contribute to Engaged Dining.

NCCDP In-service Toolkit

---



# Why is Dining Important



## Dining

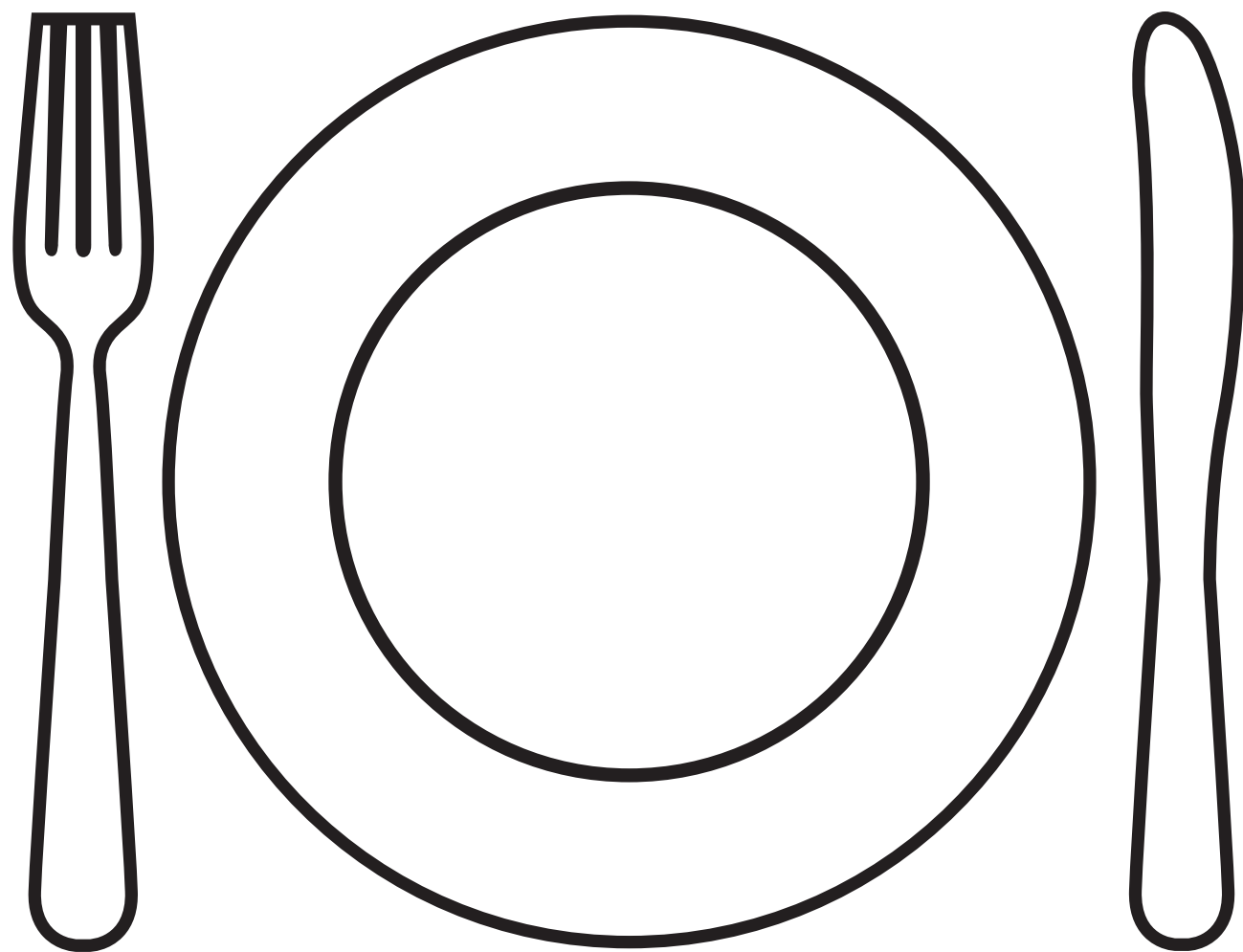
- We need nutrition to live
- We receive pleasure and enjoyment from preferred foods and hydration
- Provides three times a day to have routines and rituals that are normalizing and can provide independence and satisfaction

# Dining Considerations



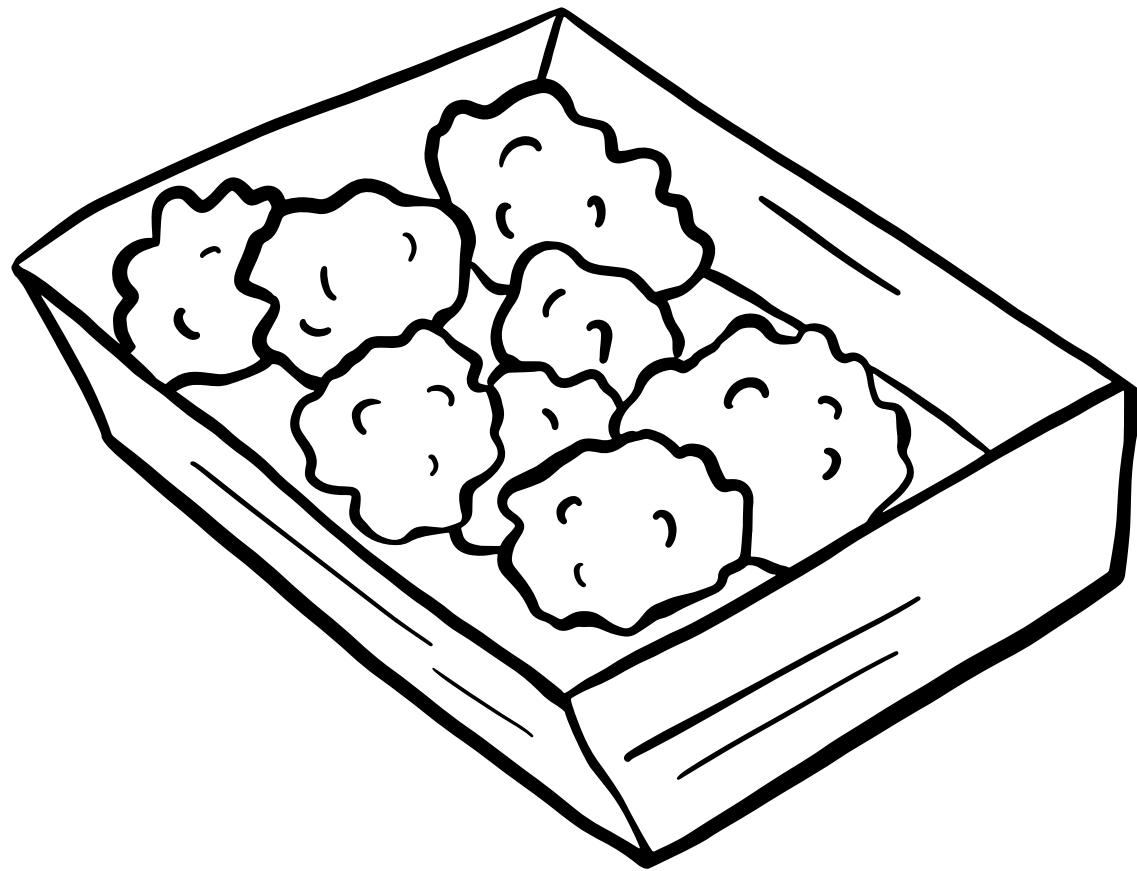
- Refer to the care plan to learn of any special dietary needs or preferences that need to be adhered to
- Work with nursing or speech therapy for a consultation if needed for special diet needs

# Dining Considerations



- According to the [www.alz.org](http://www.alz.org)
- Limit distractions
- Keep table setting simple
- Use contrasting colored plates to keep from food from blending in with the dishware
- Offer preferred food items one at a time
- Serve finger foods when possible
- When needed provide hand over hand assistance if person needs help

# Finger Food Considerations



- Work with dining team or dietitian to provide foods that may allow person to be more independent
- According to [www.dementianutrition.com](http://www.dementianutrition.com) finger foods could include fruits, vegetables, drinkable yogurts, bars, muffins, tots, fries, sandwiches, pinwheels, quesadillas, egg rolls and soup in a mug
- \* Always refer to care plan and nursing what a resident can safely ingest at meal times

# Best Practices for All Meal Times



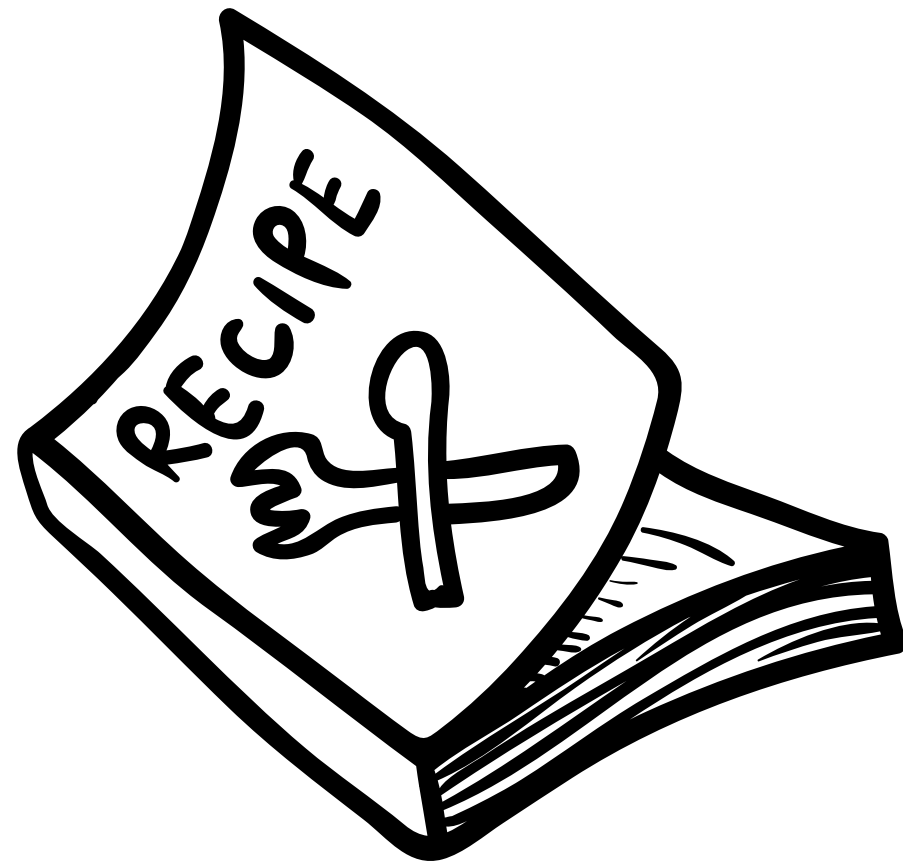
- Utilize dignified clothing protectors
- Staff assistance and cueing in a personalized way for each resident
- Consider aromatherapy such as bread makers to stimulate appetite
- Consider a therapeutic warm hand washing program before meals

# Ways to Involve Residents at Mealtimes



- Involving residents who can safely assist in meal set up or clean up can be a great opportunity for self esteem
- Things such as folding napkins, wiping down tables, arranging flowers for the tables can be meaningful activities

# Ways to Involve Residents at Mealtimes



- Involving residents to assist with making the social refreshments or dessert as an activity
- Utilize resident's favorite recipes
- Utilize proper sanitary needs such as hand washing, meal preparation gloves and staff oversight when having residents involved is important



# Emphasis on Hydration



- Important to emphasize fluid intake for person's living with dementia
- Consider having hydration stations that are clear acrylic holders with fresh fruit and ice and cups available through out the day
- Offer preferred fluids at three activities a day and meals
- If needed look into other alternatives for hydration such as [www.jellydrops.us](http://www.jellydrops.us)
- Monitor for dehydration and inform nursing if there is potential for this.

# Ways to Focus on Nutrition for Activities



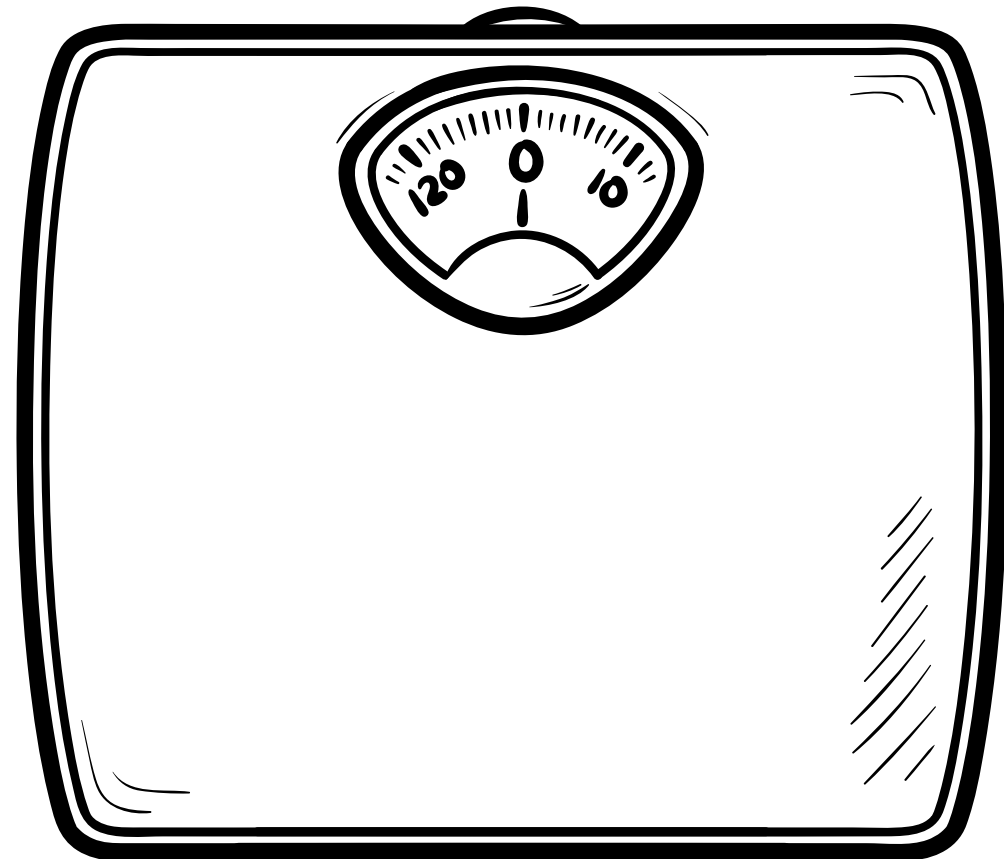
- Themed social using national days as your focus
- Coffee and Conversation group
- Themed meals with conversation starters for each table
- Have monthly or family special dinners
- Utilize holiday traditions for meals
- Have smoothie socials

# Always Available Refreshments



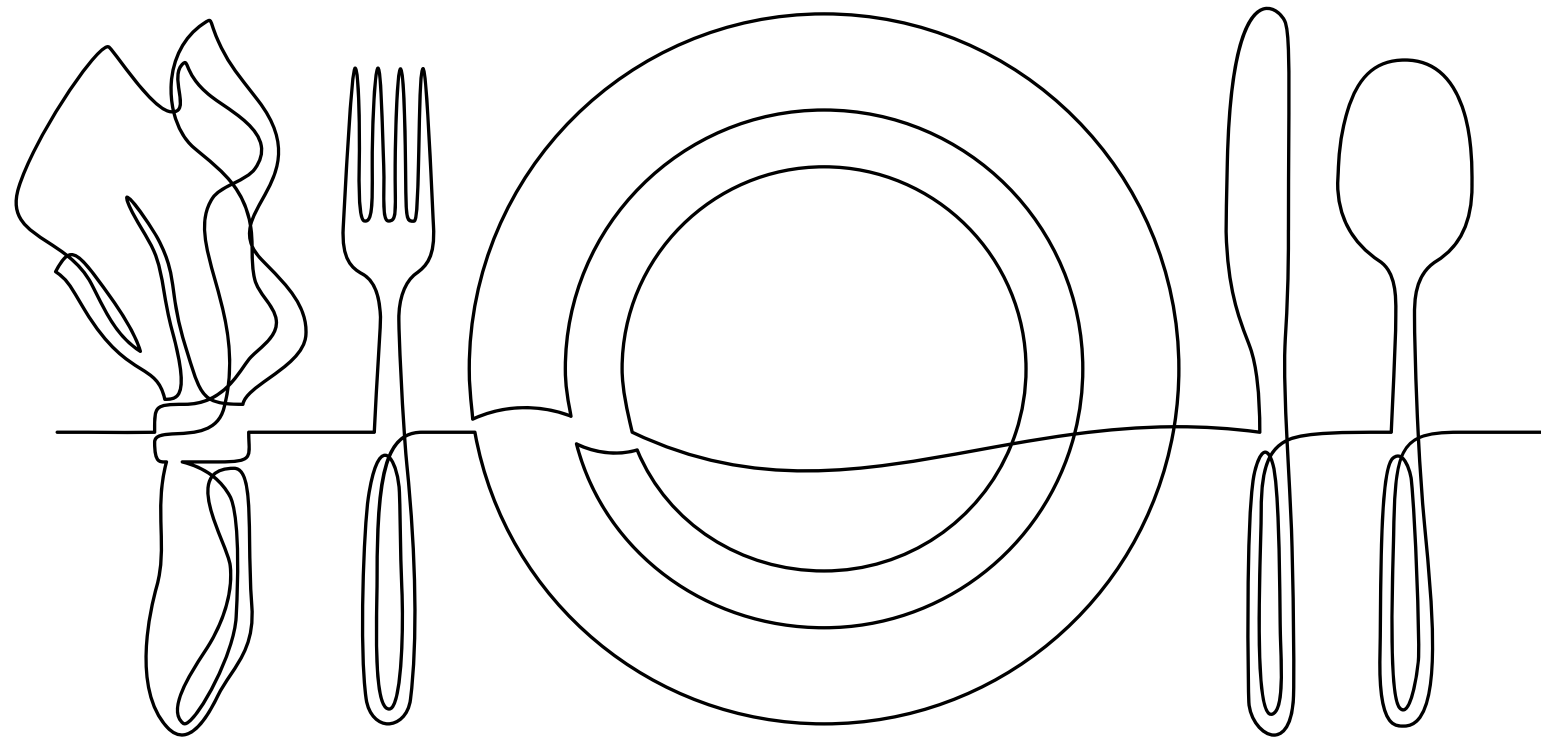
- There may be times in between meals a resident expresses hunger having stocked accessible refreshments is a best practices
- Fresh fruit , bars, other healthy snacks, soups or preferred comfort items available for in between meals is a good consideration

# Monitor for Weight Changes



- It is important to monitor for weight gain and weight loss that could be a health concern
- Inform nursing of any change of condition in this area
- Boston University had a “red plate study” identified that those who ate on a red plate had 25% increase on intake of food

# Key Takeaways



- Nutrition and meal time is an important cornerstone of each day for residents in memory care
- When done correctly this can be a source of pleasure and enjoyment beyond the basic need for nutrition
- Learn about resident preferences and take into consideration at meal times for person centered meals
- Meet with your interdisciplinary team and dining director monthly to discuss the memory care dining needs

# Certifications & Additional Information



## **National Council of Certified Dementia Practitioners (NCCDP)**

[www.nccdp.org](http://www.nccdp.org)

- ADDC Alzheimer's Disease and Dementia Care curriculum
- CDP Certified Dementia Practitioner
- CADDCT Certified Alzheimer's Disease and Dementia Care Trainer
- CDCM Certified Dementia Care Manager
- CDSGF Certified Dementia Support Group Facilitator
- CFRDT Certified First Responder Dementia Trainer

## **International Council of Certified Dementia Practitioners (ICCDP)**

[www.iccdp.net](http://www.iccdp.net)

- CMDCP Certified Montessori Dementia Care Professional
- CDP Certified Dementia Practitioner

