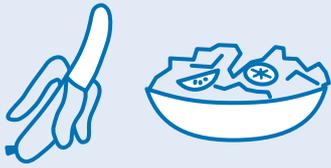
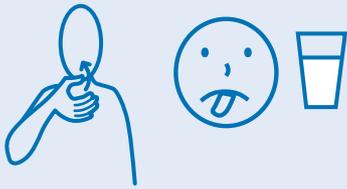


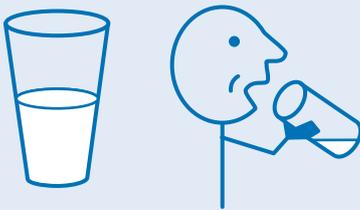
# Food for Thought



Finger food that can be picked up and eaten easily may be more appropriate for some people rather than having to sit at a table for long periods at a time. This should be made available day and night.



Being thirsty can cause dehydration and may lead to other medical problems.



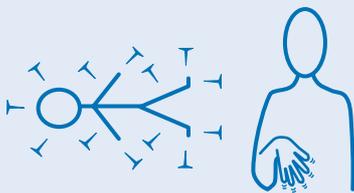
A choice of drinks should be made available day and night, such as fruit juice or water.

In the later stages of dementia it may be helpful to gently assist with putting the cup or cutlery to the mouth.



Soup should be offered in a cup or a bowl.

As communication may be difficult it is important to look for non-verbal communication such as body language and eye contact.



It may be difficult for the person with dementia to describe pain, yet a sore mouth or stomach ache will affect the appetite.

Mealtimes should be quiet and calm with no background noise.



It is important not to chat with other people when you are supporting a person with dementia at mealtimes.

Karen Watchman, 2001

# Food for Thought



For health reasons it is vital that food is of a high nutritional content.

Some choice should be given over diet – it is not the case that choice causes confusion.



Where possible the carer should sit with the person who has dementia during mealtimes.

The smell of food, or helping with preparation, where possible, may assist with eating if it becomes part of the process of mealtimes.



Often people with dementia feel that they should pay for the meal – 'tokens' can be given and accepted as payment.



People with dementia frequently prefer sweet food. Try and mix sweet food with healthier alternatives, such as honey or jam on wholemeal bread.

Keep dessert separate from the main course and out of sight during the first part of the meal. Only one course should be given at a time.



It can be helpful if the food served is a different colour from the plate. The plate should be a different colour again from the table cloth.



Napkins should be used rather than bibs.

Smaller meals more often may be more suitable than three large meals a day.