

Welcome

Supporting people living with dementia to eat and drink well

Panellists



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Food, Nutrition and Dining Resources



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Factsheets and posters



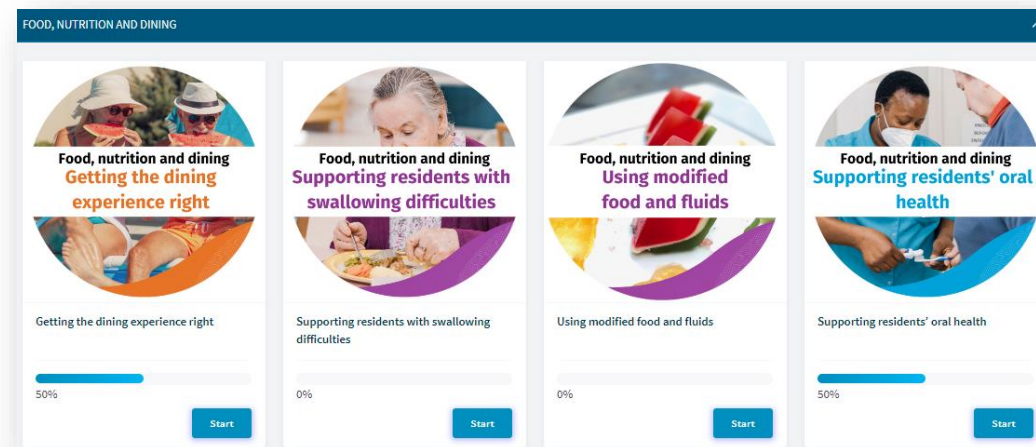
Education support resources



Food, dining and nutrition webinar - Swallowing, texture-modified diets and...

Food, nutrition, and dining webinar - Oral and dental health and its impact on eating and...

Webinars



Online learning: Aged Care Learning Information Solution (Alis)



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Food for thought - positive stories

We're interested in creative ways to improve food, nutrition and dining in aged care. These positive stories and case studies look at approaches that have effectively changed provider services.



Keep your fluids up!

The end of year in Australia means warmer weather which can mean an increased risk of dehydration.

Celebrating with food

The importance of food can't be overstated. Along with the obvious nutritional benefits for physical health, food plays an important role in our mental wellbeing.

Dementia, eating and nutrition

Making sure that people living with dementia get enough daily nutrition can be a challenge for those who care for them. It may be that the individual doesn't want to sit down to eat at mealtimes, forgets to eat or doesn't recognise food. Sometimes people can't remember when or how to eat or what utensils are for. Dementia can also affect the part of the brain that controls taste and smell, and people can lose or misinterpret these senses or develop a taste for strong or unusually flavoured foods and drinks.

The Happy Hour Trolley

Our theme to inspire you is the 'Happy Hour Trolley'. Think mocktails and fun snacks!

A voice and a choice: Enhancing resident food and dining experiences

Food and the experience of eating are important and enjoyable facets of everyday life for most people. Getting to choose what you want to eat is something most people also take for granted.

Dining experience - hot toast and fresh coffee

Providers and aged care staff each have a role to play in delivering the right dining experience for every resident in their care. Thoughtful actions, even small ones, can lead to significant resident satisfaction.

Dining with dignity - texture modified meals

When it comes to food, dining and nutrition, empowering residents to dine with dignity and ensuring a safe and enjoyable mealtime experience is as important as providing them with nutrition and hydration to maintain good health and quality of life.

Consumer voice - Improving food, dining, nutrition through resolving complaints

Food and dining should be enjoyable, respectful, safe and based on what people living in residential aged care like and don't like.

Meals that evoke residents' memories

An Indigenous residential aged care home has a standing agenda item at its residents' meetings dedicated to the food and the dining experience.

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Here are some ideas to help carers make sure that residents living with dementia get the nutrition and hydration they need, with as much enjoyment as possible.

Tips that can help with common eating issues:

- provide easy to chew, finger-sized food for those who don't like to sit down to eat, may be agitated or distracted, or don't want help
- make sure the food options are from the 5 food groups so there is a range of nutrients, available during, and outside mealtimes
- provide a range of menu items for those who find it hard to make choices in advance
- allow plenty of time for meals and offer food often instead of waiting for a person to ask for food
- when a person is holding a spoon or finger food, gently guide their hand to their own mouth (while also reassuring them if necessary) rather than trying to feed them.

Understanding the needs of each person:

- individualise your approach and try different things
- document what works and doesn't work, as well as what has been tried for each person
- notice non-verbal signs of likes and dislikes.

Some great ideas in action:

- red crockery and contrasting placemats to help identify what table items to use
- menu cards with pictures to help identify food items
- protein and calorie rich snacks, available day and night using a snack fridge and fruit bowl for residents who struggle to eat at mealtimes
- allowing residents to eat while walking or wandering
- a bar arrangement so people can eat and drink while standing
- adding some herbs and spices to make meals and snacks tastier.



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Share your stories and examples
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Creativity, conversation and colouring resources



Creative activities resources: instructions

Colouring, conversation, creativity and care



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Food, nutrition and dining

The campfire story

We went camping every summer, and I looked forward to it all year. Every morning we'd wake up to the sounds of Mother Nature; lyre birds calling out, kookaburras laughing, the hum of the cicadas, and the distant rhythm of the ocean's waves crashing onto the beach nearby.

Whoever was up first would start boiling the billy so we could all have a fresh cup of tea or coffee around the campfire. Life was simpler in the great outdoors, and the most important thing we really had to think about was what we should cook up that night in the camp oven!

I remember one camping trip we all went fishing and I caught a really big fish. I felt so proud of myself because it was large enough to share with everyone. We ate it that night underneath the stars, along with potatoes wrapped in aluminium foil and cooked to perfection buried in the campfire coals.

Sometimes while camping we toasted marshmallows which we squashed onto the end of sticks we had found on the ground. You had to hold them over the campfire flames and time it perfectly so the marshmallow wouldn't get too burnt. Yum. Everything tastes better outside!

Discussion question:

What are some examples of meals that can be enjoyed outside? Do you have any special memories of camping or eating outside at picnics or barbecues?

Activity (on the next page):

Use your pencil to colour these marshmallows exactly how you would like them toasted. It's up to you whether you prefer them to be "lightly toasted" or "burnt to a crisp!"



Download the resources here
agedcarequality.gov.au/resource-library/food-nutrition-and-dining-creative-activities-and-colouring-resources



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Monday to Friday, 9.00am to 5.00pm AEDT

Dr Melanie Wroth
Chief Clinical Advisor
Aged Care Quality and Safety Commission



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What will we talk about today?

- how dementia impacts on the ability to eat and drink well
- the importance of nutrition for those living with dementia
- ways to improve food, nutrition and dining for people living with dementia
- identifying changes in eating and drinking and strategies for managing these
- supporting culture, choice and independence with meals
- the importance of food and mealtimes - creating dementia friendly dining environments and enhancing mealtime enjoyment including personalised approaches.



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Reasons for not eating

- **Communication**
- **Cognition/memory**
- **Sensory issues**
- **Perceptual changes**
- **Physical**



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Choice



Oral Health



Dining



Swallowing



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Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



Australian Guide to Healthy Eating

Dementia and food

Nutrition deficiencies

Weight loss

Frailty

Malnutrition



IMPORTANT NUTRIENTS

Energy

Protein

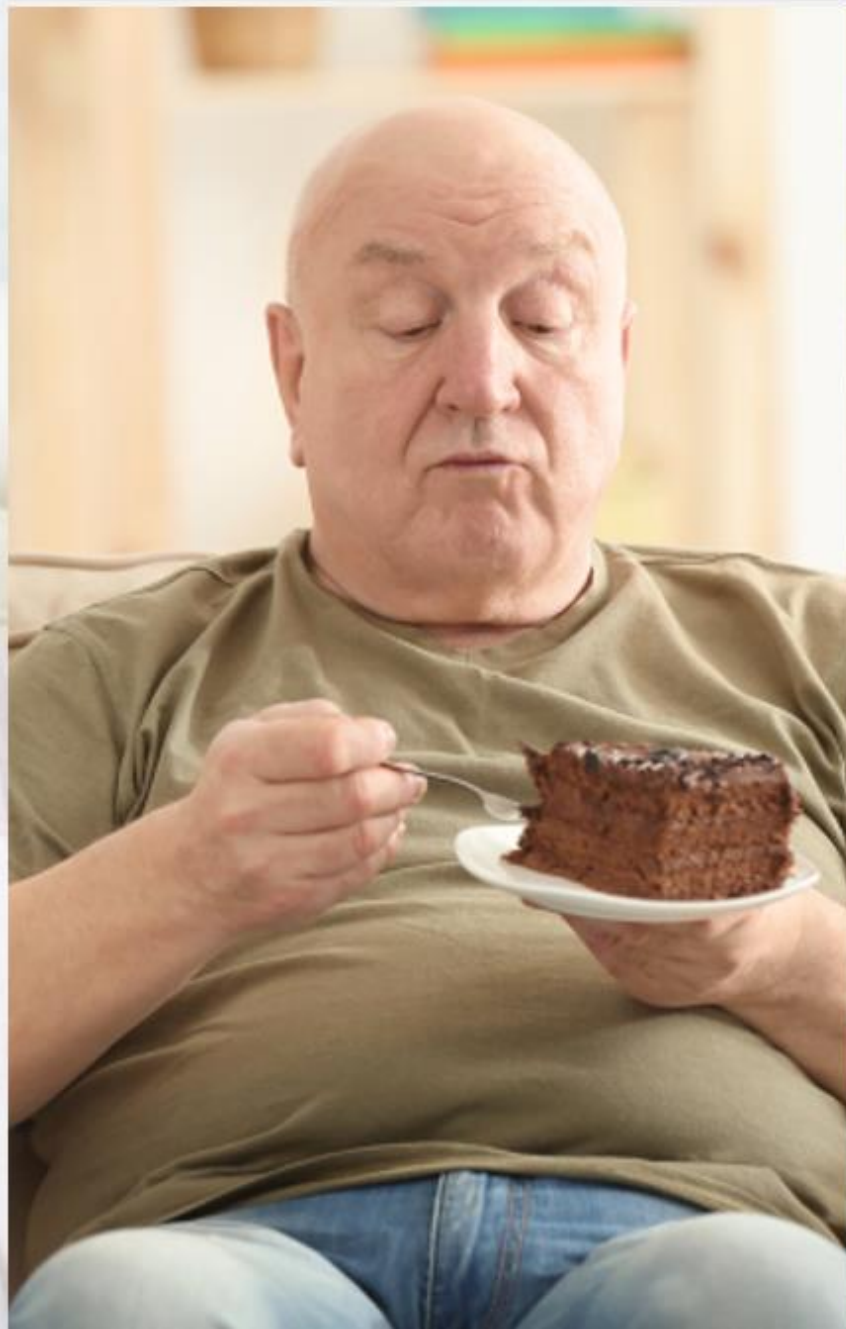
Calcium

Zinc

Fluid

Vitamin C

Iron



10g Protein Serves

40g cheese

1 cup milk

¼ cup milk powder

1 tub yoghurt

1.5 eggs

30g steak

40g chicken

50g fish

2/3 cup baked beans

50g nuts

2 large slices of bread

2.5 Weetbix





Advocating for older people

- **Communication**
- **Dining experience**
- **Understanding food preferences**
- **Food presentation**



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Examples of good practice or practical tips for a better dining experience

- Kitchen is the heart of the home
- Contrast/environment
- Assessments/encourage independence
- Communication
- Culture
- Picture menu/choice



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Identify the meal





Always available





Red plates

Finger foods





What is the Commission hearing and seeing?



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Preferences matter

- People don't forget the experience of their favourite food
- Effort must be made to find out what the person likes
- Talk to family, friends and neighbours
- Combine lifestyle and leisure with food



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Memory changes and familiarity

- **Familiarity of food**
- **Past experiences**
- **Routines**
- **Support of person's choice**
- **Short term memory**



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Food refusal



What is the Commission looking for?



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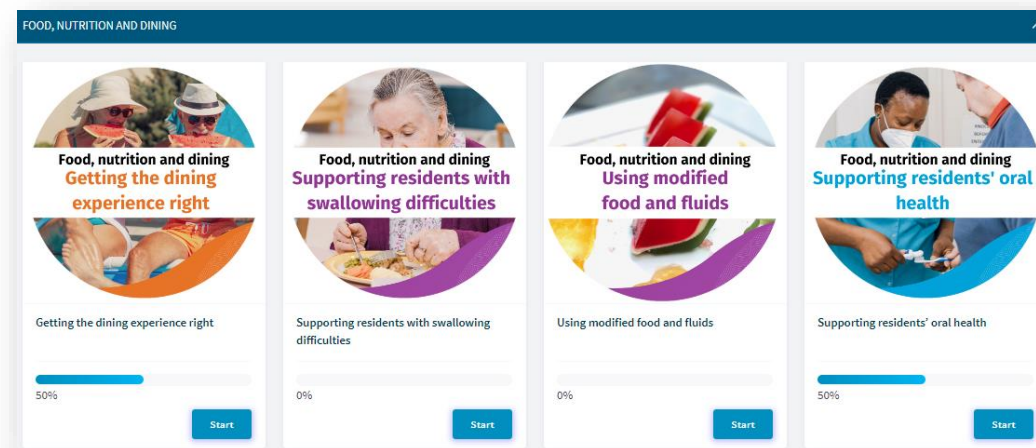
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Q & A session



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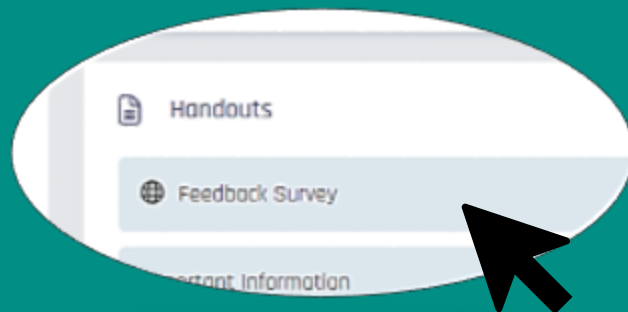


We hope you enjoyed this webinar.

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