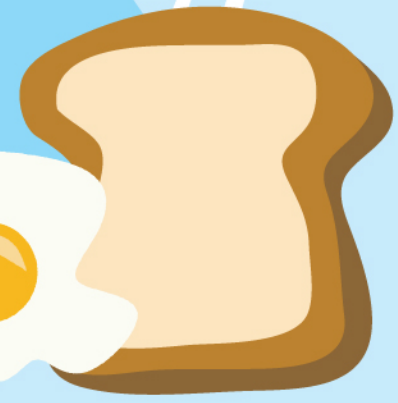
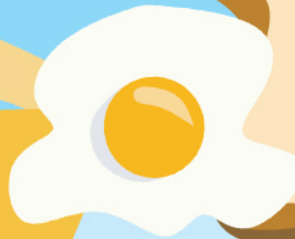


Making the Most Out Of Meal Times to Improve the Alzheimer's Care Experience

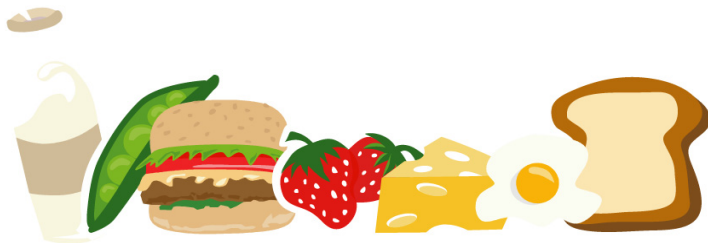


Norma Brownell, LVN
*Executive Director of
ActivCare® at Point Loma*



Tips for Meal Time Organization

- Plan ahead to adapt mealtime to suit the person's needs.
- Create a pleasant, social, and normal mealtime atmosphere
- Encourage participation in meal preparation
- Reduce noise and confusion



Tips for Meal Time Organization (cont'd)

- When the person is no longer able to use cutlery
- Use sensory appeal
- Before getting started
- Encourage Participation
- Comfortable seating
- " I DON'T HAVE ANY MONEY TO PAY"



Meal & Food Presentation

- Choose a table setting that is appropriate for the functional level of the person
- Use a plate that contrasts with the placemat and with the food



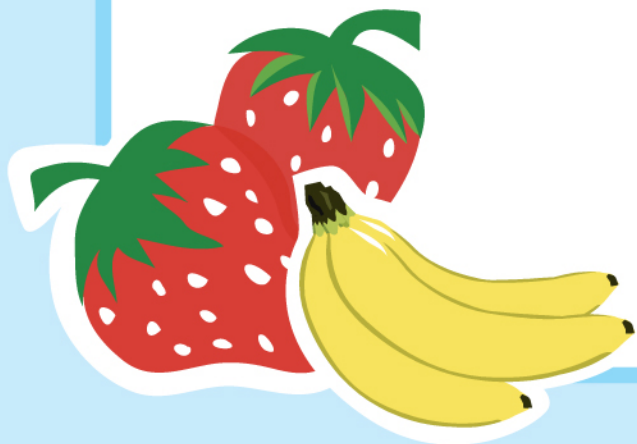
Meal & Food Presentation (cont'd)

- Present portions that do not discourage or overwhelm the person
- Cut food into pieces that are small and tender enough to be eaten safely if needed



Meal & Food Presentation (cont'd)

- Special adaptive utensils and plates may be helpful to encourage independence
- Serving one course at a time
- Use prompts and cues to increase intake and promote independence



Sneaking in Extra Nutrition

- Serve nutrient-dense foods
- Offer frequent snacks throughout the day
- Use food as an incentive
- Popcorn and drink while watching TV
- ***ICE CREAM EVERYONE'S FAVORITE!***

