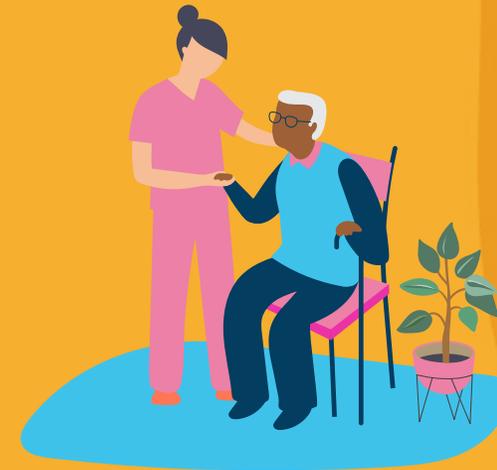


# Best Practice in Dining for People Living with Dementia





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QCS Dementia Care Champion



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Specialist Nutrition Category  
Development Manager at apetito UK



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QCS Head of Care Development  
(Scotland)



*Making a real difference*



# Why should we be concerned about dining for people with dementia?

Alzheimer's Research UK estimates there are 944,000 people living with dementia in the UK

70% of people in care homes have dementia

60% of people receiving domiciliary care have dementia

Up to 40% of dementia cases could be prevented by reducing the risk factors we can control



## Preventable Risk Factors Associated with Dining

- × High cholesterol
- × High saturated fats
- × High sugars
- × Excessive alcohol
- × Social isolation
- × Dependency on others

# What are the symptoms of dementia that can impact on dining well?



**Memory**  
Semantic  
Episodic  
Procedural



**Orientation**  
Personal  
Time  
Place



**Gnosis**  
Visual  
Auditory  
Tactile  
Gustatory  
Olfactory  
Body Schema



**Language**  
Expression  
Comprehension  
Vocabulary  
Naming  
Fluency  
Discrimination  
Repetition  
Reading  
Writing



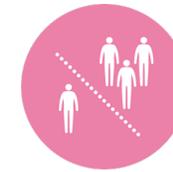
**Attention**  
Processing Speed  
Sustained  
Selective  
Alternating  
Hemineglect



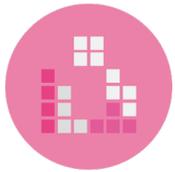
**Executive Functions**  
Working Memory  
Reasoning  
Planning  
Inhibition  
Flexibility  
Decision Making  
Time Estimation  
Dual Execution  
Branching



**Praxis**  
Facial  
Ideomotor  
Ideatorial  
Visoconstructive



**Social Cognition**



**Visuospatial Skills**  
Spatial Relation  
Spatial Visualization

# What are the actions needed to dine well?

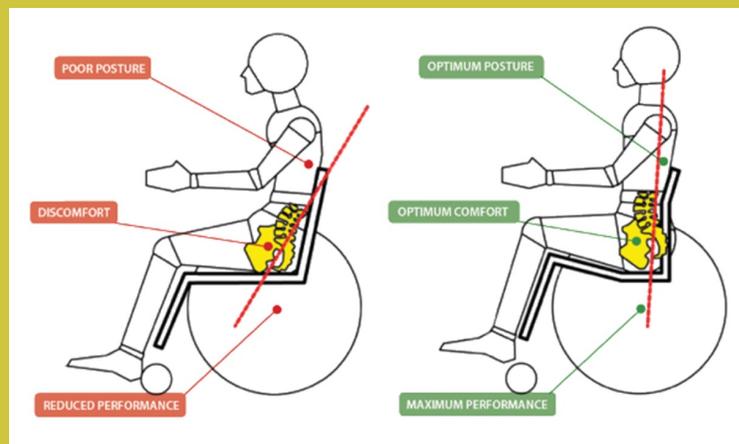
- Shopping
- Cooking
- Recognising hunger
- Recognising food
- Manipulating utensils
- Tasting
- Chewing
- Swallowing
- Orientation in time and place
- Seating
- Sharing
- Conversing



# How do we support people with dementia to dine well?

- Enable individual to be as independent as possible
- Food presentation
- Table presentation
- Seating
- Assistive technology

Decreased functional status is associated with a higher mortality rate in people with dementias i.e. people who continue to try doing things for themselves, even if their dementia is quite advanced, tend to live longer than those who stop (ref: Dementia and Life Expectancy: What Do We Know? Journal of American Medical Directors Association)



# The Common Nutritional Challenges of Dementia



Malnutrition



Dysphagia



Co-ordination Difficulties

# How do we support people with dementia to dine well?

Enable individuals to be as independent as possible

QCS PAL Instrument supports dining at all levels of cognitive difficulty



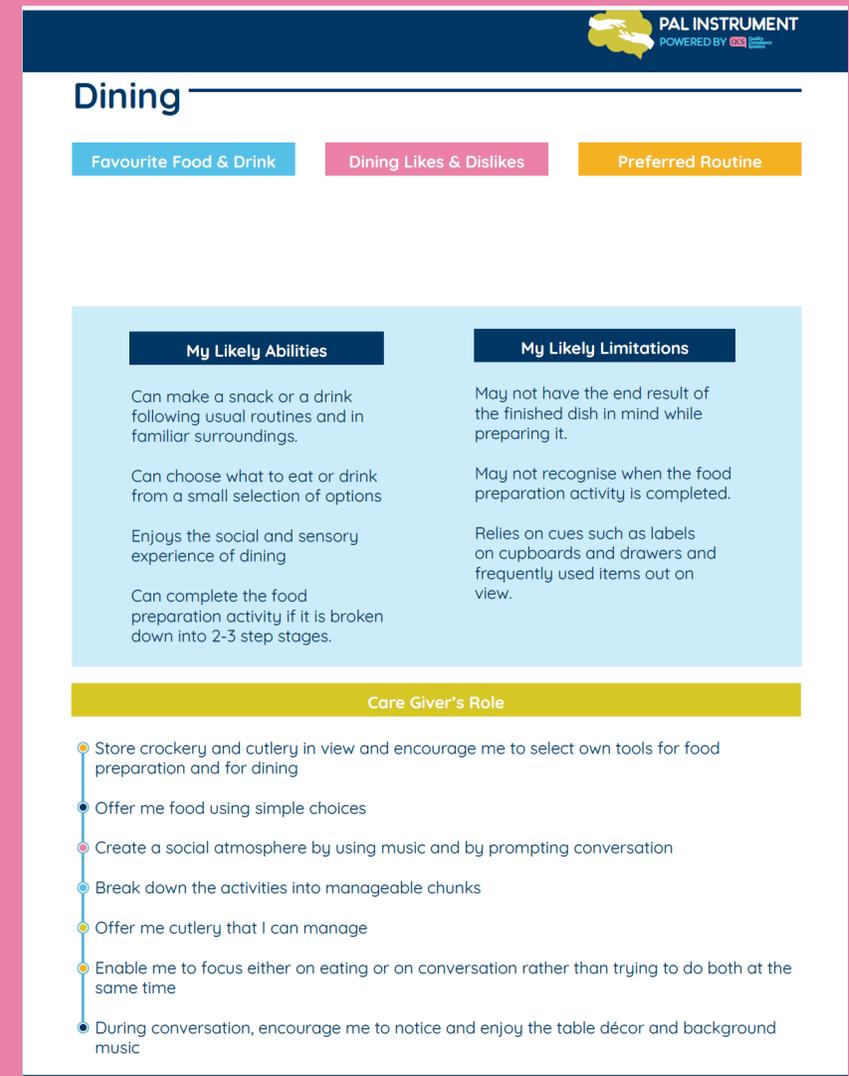
**QCS** Quality Compliance Systems

## The Pool Activity Level (PAL) Instrument Checklist

PAL INSTRUMENT POWERED BY QCS

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QCS Quality Compliance Systems



PAL INSTRUMENT  
POWERED BY QCS

## Dining

Favourite Food & Drink | Dining Likes & Dislikes | Preferred Routine

My Likely Abilities	My Likely Limitations
Can make a snack or a drink following usual routines and in familiar surroundings.	May not have the end result of the finished dish in mind while preparing it.
Can choose what to eat or drink from a small selection of options	May not recognise when the food preparation activity is completed.
Enjoys the social and sensory experience of dining	Relies on cues such as labels on cupboards and drawers and frequently used items out on view.
Can complete the food preparation activity if it is broken down into 2-3 step stages.	

### Care Giver's Role

- Store crockery and cutlery in view and encourage me to select own tools for food preparation and for dining
- Offer me food using simple choices
- Create a social atmosphere by using music and by prompting conversation
- Break down the activities into manageable chunks
- Offer me cutlery that I can manage
- Enable me to focus either on eating or on conversation rather than trying to do both at the same time
- During conversation, encourage me to notice and enjoy the table décor and background music

# How do we support people with dementia to dine well?

- ✓ Create the optimum dining environment
- ✓ Dementia friendly mealtimes
- ✓ Use of music
- ✓ Therapeutic use of self (social environment)



# How do we support people with dementia to dine well?

Assess and plan to meet the nutritional challenges for individuals living with dementia

## *Introducing a World-first...*

Finger Food Bites – our new innovation supporting those living with dementia to feed themselves traditional, hot meals, independently



# How do we support people with dementia to dine well?

## Supporting Dining with Dignity...

apetito's award-winning texture modified range has over 100 options for those with swallowing difficulties



### Level 4 Puree

- Mains
- Desserts
- Snacks
- Breakfasts



### Level 5 Minced

- Mains
- New Desserts!



### Level 6 Soft & Bite-sized

- Mains
- Desserts



**New, first to market!**  
**Level 5 Desserts**

# How do we support people with dementia to dine well?

## Supporting Dining with Dignity...

**DEMENTIA CENTRE**  
POWERED BY QCS

Purposeful Practice Guides:  
**Staff Practice Competency Reflection Tool & User Guide**

**STAFF PRACTICE COMPETENCY REFLECTION TOOL**

Name  
David Jameson

Job Title  
Senior Carer

Date and Time  
10th August 2022

Venue  
Sunnyfields Care Home, Dining Room

Care practice/activity viewed  
Assisting residents with lunch

Viewed by  
Alina Mulyak

Signed  
A Mulyak

**ENGAGING WITH THE PERSON/S BEING SUPPORTED:** Score on a scale of one to four (four being excellent, one being poor).

- |                       |                                  |                                  |                       |
|-----------------------|----------------------------------|----------------------------------|-----------------------|
| 1                     | 2                                | 3                                | 4                     |
| <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
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| <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
- ○ ● ○ Care practice/activity clearly explained to the person
  - ○ ● ○ Person encouraged to engage in the activity
  - ● ○ ○ Person encouraged to engage with other/s
  - ○ ● ○ Person's input welcomed and responded to
  - ○ ● ○ Person's difficulties addressed with empathy

**Reflection**

I could have been more aware of the residents' abilities and difficulties and responded to them more

**COMMUNICATION SKILLS -** Score on a scale of one to four (four being excellent, one being poor).

- |                       |                       |                                  |                                  |
|-----------------------|-----------------------|----------------------------------|----------------------------------|
| 1                     | 2                     | 3                                | 4                                |
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| <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            |
- ○ ○ ● Use of facial expression and gestures
  - ○ ○ ● Emotional expression (enthusiasm, sincerity)
  - ○ ● ○ Use of voice (tone, volume, pace, pitch, clarity)
  - ○ ● ○ Use of appropriate touch
  - ○ ● ○ Validation techniques (empathy, reflection)

**Reflection**

I need to be more aware of being more clear for residents who are hearing impaired. I need to build my confidence in responding to residents' emotional needs

## QCS Dementia Centre Reflective Practice Competency Check values and evidences great practice

## ...and the QCS Mealtime Audit measures the dining experience across a care setting

Policy Care Home with Nursing England  
QCS Admin Address 1, QCS Admin Address 2, QCS Admin Address 3, QCS Admin Address 4, QCS Admin Postcode  
Phone: QCS Admin

Page: 1 of 4  
Last Reviewed: N/A  
Last Amended: 29/06/2020

**QQ60 - Mealtime Audit - Dining Experience**

**Mealtime Audit - Dining Experience**

Month	Year
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Scoring Criteria: 1 = Standard Met 0 = Standard Not Met

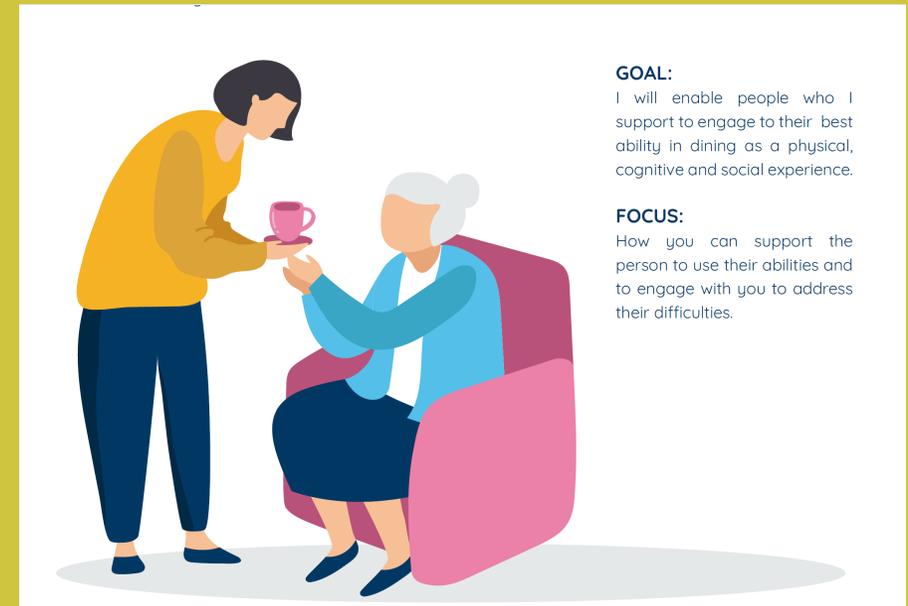
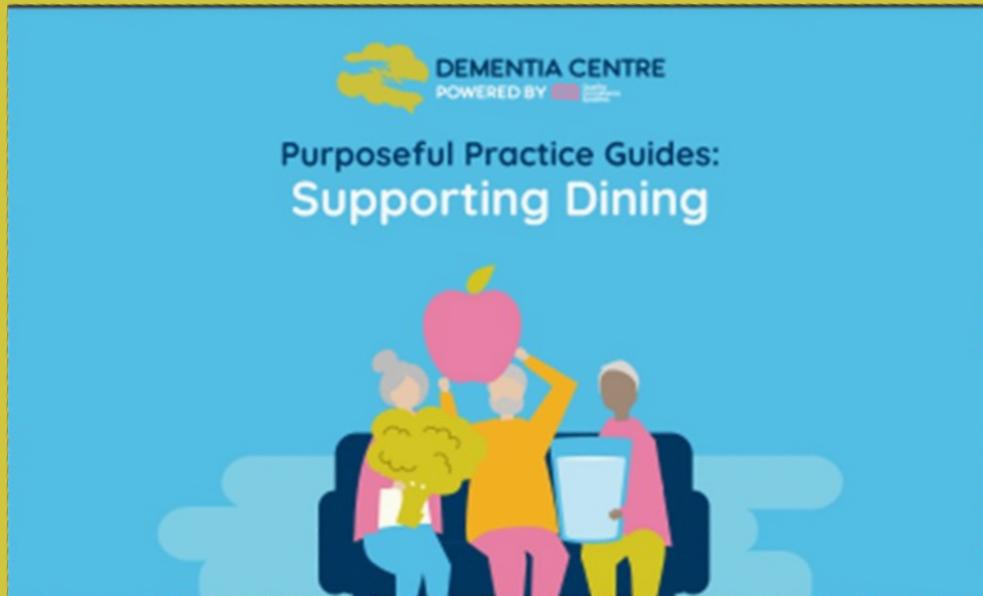
The audit score ratings must be populated by Policy Care Home with Nursing England. These must be based on the local risks associated with this audit theme.

An Action Plan to be completed for any section scoring 0.

Audit Area	0/1	Comment
<b>Dining Experience</b>		
The Registered Manager or Deputy eats with the QCS-Service Users at least once a month.		
Menus are displayed in the dining room and are appropriate.		
Plated meals are shown to QCS-Service Users to help them decide.		
Mealtimes are an enjoyable and sociable time with consideration given to seating arrangements.		
QCS-Service Users can choose where to eat, e.g. dining room or bedroom.		

# How do we support people with dementia to dine well?

- View dining as a physical, cognitive, emotional and social activity
- Give people the confidence to enjoy their food
- QCS Dementia Centre Purposeful Practice Guides support adapting approaches for person-centred dining



**GOAL:**

I will enable people who I support to engage to their best ability in dining as a physical, cognitive and social experience.

**FOCUS:**

How you can support the person to use their abilities and to engage with you to address their difficulties.



# DEMENTIA CENTRE

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WILTSHIRE  
EST. FARM 1991  
FOODS

A resource centre for knowing **HOW** to deliver great dementia care and support and for **EVIDENCING** excellence through observable staff actions and the impact on service user well-being

[www.qcs.co.uk/dementia-centre](http://www.qcs.co.uk/dementia-centre)

**apetito are available to contact if you would like to talk further about how you can follow best practice in supporting people living with dementia when it comes to creating the optimum dining experience, which individuals can enjoy and benefit from.**



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