

Dementia Friendly Dining Services



The dining experience for someone with dementia can have a tremendous effect on their socialization. The time they spend on dining can be enjoyable or frustrating, but improving the dining experience is possible.

Understanding the challenges of people living with dementia is the first step to making positive changes.

Noise

Of all the senses, hearing has the most significant impact on people living with dementia. Dining areas are often a challenge due to the multiple layers of noise that can cause agitation. Solutions to this issue include having quiet, calm background music, limiting conversation, and making an effort to reduce the clutter of dishes.

Sensory

Stimulation changes, loss of taste, and ability to smell are often adversely affected by dementia. You can help with this by offering a variety of colorful food that is easy to chew and in bite-size pieces. Color will make the food more appealing and bite-size pieces will allow them eat independently or with minimal assistance. Simple encouraging prompts like, “This looks delicious!” can have positive effects on the individual.

Slow Down

Allow the person to eat at their own pace. The goal is nutritional intake while engaging in a pleasant experience with an emotional takeaway that eating is something that they enjoy.

Learn More:

LifeStream Services

800-589-1121 or lifestreaminc.org

Alzheimer’s Association

800-272-3900 or alz.org

Practicing patience, empathy, and understanding is always the goal when assisting a person with dementia.