

8 DEMENTIA FEEDING TIPS



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CONCERN:

RECOMMENDATIONS:

1

DIFFICULTY CONCENTRATION

- Social Stimulation before meals
- Verbal prompting during eating process
- Place utensils in resident's hand during eating
- Make sure resident can see the food.
- Make sure dining room is calm
- Have appropriate/familiar music playing in background
- Assist while sitting next to resident (not standing above).
- Describe foods and engage in conversation related to meal.
- Use plates that contrast in color with food and tabletop
- Define each resident's space with a placemat

2

COMBATIVE/ THROWS THINGS DURING MEALS

- Aerobic activity prior to meals
- Remove items that cause resident concern
- Consider suction cups/dishes
- Assist meals from nondominant side
- Serve one food item at a time
- Calm dining environment
- Remain calm when combative
- Consider stopping eating process until calm

3

EATS TOO FAST

- Encourage to set down eating utensils between bites
- Offer one food item at a time
- Use smaller utensils/smaller bites
- Divide food into smaller bites
- Describe food items and/or ask them to describe food to you
- Consider between meal snacks to curve hunger

4

EATS TOO SLOW

- Provide cues to "chew", "swallow"
- Remove distractions
- Small portions to avoid resident becoming overwhelmed.
- Avoid meals and snacks too close together
- If unable to finish meals, may need to consider added calories
- May need insulated dishes to maintain meal temperature or may need to re-heat food

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5

FORGET TO SWALLOW FOOD

- Verbal cues to swallow
- Physically feel for swallow after bites
- Physically stroke larynx upward
- Sometimes prompts such as a “hand squeeze” or “tap on arm” can remind them to swallow.

6

CONSTANT CHEWING

- Provide soft foods
- Offer small bites
- Verbal cueing in between bites to stop chewing

7

PLAYS WITH FOOD

- Provide finger foods
- Serve one food item at a time
- Gently pull hand away from food
- Verbal reminders to eat meal

8

PARANOID

- Consistent routine
- Do not mix medications with food
- Explain what each food item is
- Prepare food in front of resident
- Avoid new food items
- Keep food simple ie; avoid complicated casseroles.



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