

LeadingAge™
Indiana

LIFE **on**
PURPOSE

Feeding Dementia Resident's

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SPRING CONFERENCE & TRADE SHOW

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 **INALA**
Indiana Assisted Living Association

HOPE
Hoosier Owners & Providers for the Elderly

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Disclosure

The speaker has no financial or other conflict of interest to report.

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Objectives:

- Show the barriers and difficulties health care facilities face feeding patients with Dementia
- Provide procedures facilities may implement to identify patients that would benefit from meal time interventions
- Discuss how to implement policies of staff training and involvement.



Our Population



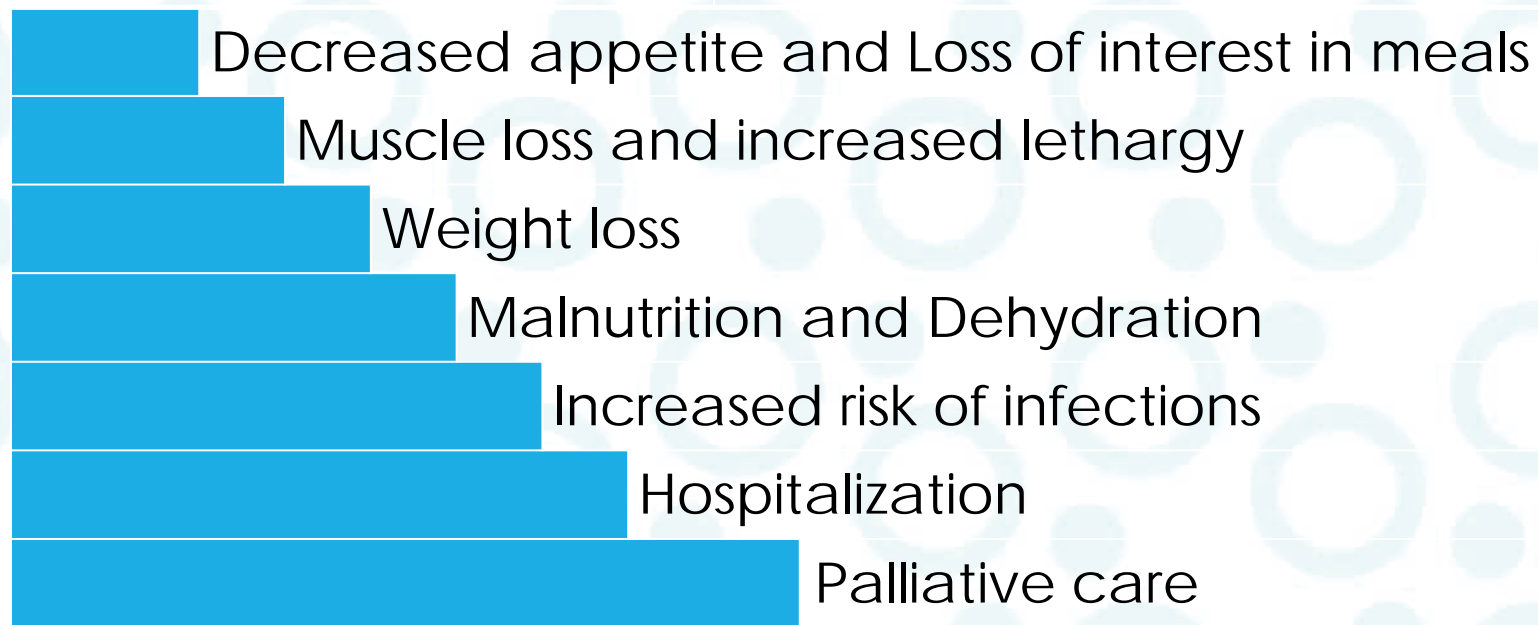
- 5.7 million with Alzheimer's currently
- 14 million projected by 2050
- 47% of nursing home residents have some form of Dementia
 - Half of those need dining assistance

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Progressive Negative Nutritional Outcomes



Meal Time Barriers

- Profound loss of appetite
- Overeating
- Problems communicating
- Inability to recognize hunger
- Inability to recognize thirst
- Inability to recognize foods/fluids
- Poor physical coordination
- Dignity
- Tires easily
- Taste acuity changes
- Anxiety
- Pain
- Depression
- Concentration
- Difficulty chewing and swallowing
- Increased nutrition needs

Role of Your Dietitian

- Clinical assessment
- Education of patients and families
- Staff in-servicing
- Assisting with implementation
- Evaluation of effectiveness
- Interdisciplinary team (IDT) member

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Evaluation of Individual

- Address underlying issue, when possible
- Full medication review, including all prescribing physicians
- Creation of a Personalized Plan
 - Learn their past
- Dietitian assessment
- Interdisciplinary review as indicated

Strategy Categories



- Environment
- Staffing
- Food
- Supplements & Snacks

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Environmental Strategies

- Pre-dining physical activity
- Undisturbed meal times
- Dedicated dining space
- Reduced distractions
- Aromas
- Stimulating music

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Environmental Strategies



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Staffing Strategies

- Meal time approach
- Consistency of staff
- Staff and patient interaction
- Allow for more time
- Routine staff in-servicing
- Interdepartmental approach

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Conversation Topics

- Did you have any pets growing up?
- Did you live in a house or an apartment? What was it like? What was your room like?
- Do you know any stories about the history of the family name, or the origins of the family?
- How many brothers and sisters do you have? What are their names? Tell me a story about them from growing up?
- How did you meet your spouse? How old were you when you met/got engaged/got married? What was the wedding like?
- What big world events were the most memorable while you were growing up?
- What did you want to be when you grew up?
- Tell me about your parents? Your grandparents?
- What do you want your children and grandchildren to remember about you?
- What kinds of clothes, hobbies, slang terms were popular when you were a teenager?
- What life advice would you pass along to someone?
- What was your favorite thing about school? Least favorite? What were your friends like? Who was your favorite teacher, and what was your favorite subject?
- What were your children like when they were growing up?
- What were your favorite games and hobbies? Did you play any sports? What else did you do for fun?
- What was your first job? What was your favorite job?
- What's your favorite book or movie and why? What was your favorite when you were young?
- Where and when were you born? Did your parents ever share their memories with you about the day you were born?
- Who were your heroes or role models when you were young?

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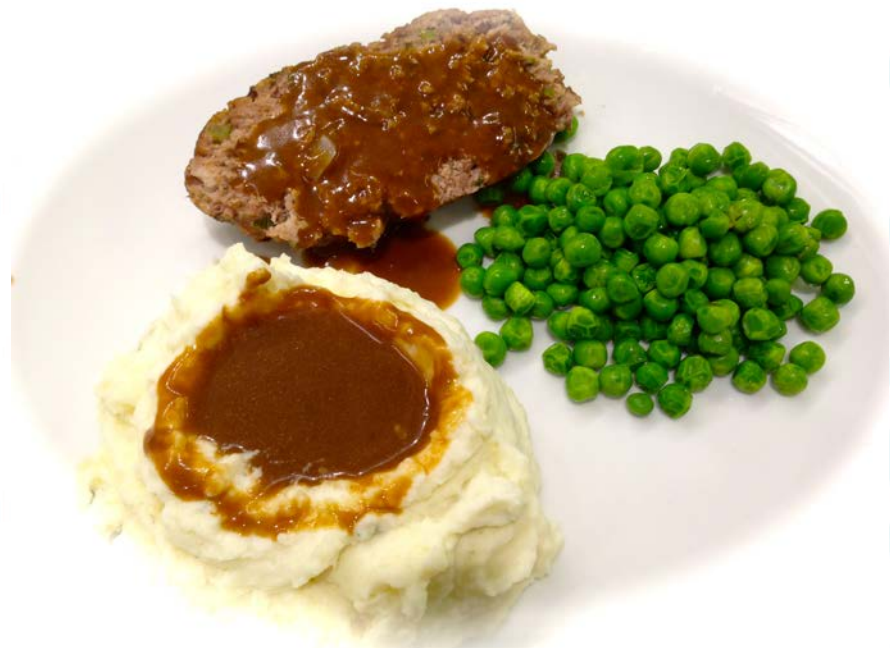


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Food Strategies

- Meal quality and appearance
- Food and table presentations
- Visual aids to assist choice
- Finger foods
- Dysphagia diets
- Palate and preference changes

Visual Aid to Assist Choice



Visual Aid to Assist Choice—Picture Menu



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Supplement & Snack Strategies



- Treatment goals
- Prescribing indication
- Taste preferences
- Quantity and dosage timing
- Reevaluation plan

End of Life

- Start the conversation early
- Provide education related to underlying cause (primary diagnosis) versus inadequate nutrition (malnutrition)
- Update often
- Honest conversations about end of life care

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Registered Dietitian Consulting Group

Full Presentation Slides, Staff In-Service
and More resources:
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