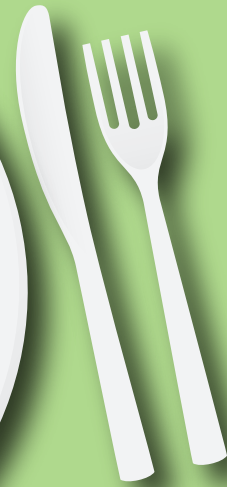




# MEALTIME TIPS

ADAPTED FROM THE  
ALZHEIMER'S ASSOCIATION



## REMOVE UNNECESSARY ITEMS FROM THE TABLE

Limit distractions by keeping on the table only what is going to be used for the meal.

## USE SIMPLE DISHWARE

Go for dishes without any patterns to reduce confusion.

## SERVE THE MEAL IN COURSES

Too many options on the table can be paralyzing for someone with dementia. Try only serving one dish at a time.

## CHECK FOOD TEMPERATURE

Sometimes people with dementia are unable to identify if something is too hot to eat.

## DON'T WORRY ABOUT TIME

Give your loved one plenty of time for meals, and remember it's not going to hurt them to graze instead of eating a full meal in one sitting.

## EAT WITH THEM

Eating alongside a person with dementia may help them realize it's time to eat and helps make it a fun experience.

## USE RECIPES THEY LOVE

This will help them consume more food and enjoy what they are eating. However, be aware that dementia may cause your loved one's food preferences to suddenly change.

## MAKE THE FOOD EASIER TO EAT

Cut food into bite-sized pieces or serve food that is easily eaten with the hands.

## SERVE AS AN EXAMPLE

If they are struggling with how to use utensils, be a model for them.

## SERVE SEVERAL SMALL MEALS

They are more likely to eat several small meals throughout the day rather than three large meals.

## DON'T GET MAD

Patience is important because without it, your loved one may grow frustrated and want to eat even less than before.

## PREVENT INTERRUPTIONS

Try to keep a quiet, peaceful environment by turning off the television or other distractions in the room and limiting conversation.

## SERVE BREAKFAST, LUNCH, OR DINNER AT ANY TIME

Don't feel limited to serving breakfast food at breakfast, lunch at lunch, and dinner at dinner. If someone with dementia wants a sandwich for breakfast or oatmeal for dinner, that's okay!