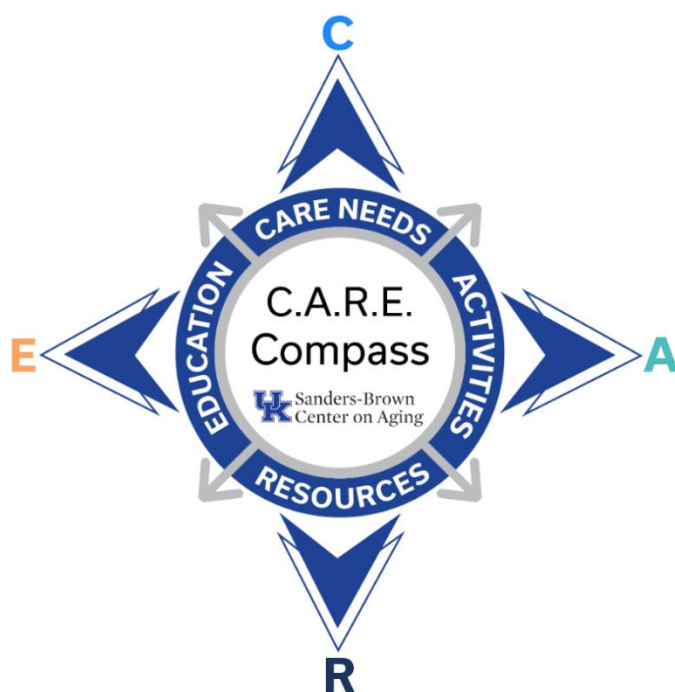


CARE Compass

Helping Navigate the Later Stages of Dementia



Meal Time in Later Stages

This project was made possible by a generous gift.

The goal of the program is to help provide tools and information so that you can navigate the later stages of dementia. We hope that you find these videos and resources to be helpful and encouraging.

This program is designed to be a guide only for the compassionate care and support of your loved one and is not medical advice. If you have questions or concerns, always check with your doctor.

We also want to acknowledge that late-stage dementia can look very different from person to person. Sometimes the ideas we share may not work or work for a short time. That is okay. No one person is alike, and what works today may not work tomorrow. We hope to provide tools that can be options for you to try.

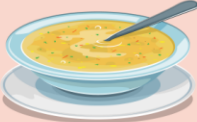
This guide contains links and other resources that may not be provided by the presenter but are added to the guide to provide additional information and support.

Mealtimes in the later stages of dementia

- You may have noticed that mealtimes can start to look different as dementia progresses. It is important to create a supportive and calm environment at mealtime.
- Think Ahead and try to allow extra time
- Limit distractions in the area where they are eating
- Eating in the same location every day can be helpful
- Use visual Contrast when plating food
- Place the plate 12-18 inches away from your loved one
- Use adaptive utensils/items as needed
- Be open and creative if they need to switch to finger foods or smaller snacks throughout the day instead of three meals
- Try saying “can you try this for me? What do you think? Our friend just made this give it a try” when they are resistant to eating
- Use the hand over hand technique when helping feed your loved one
- Demonstrate that the food is good and how to eat and swallow
- Break down request into 1 step statements
- Keep them independent as possible – assist them as needed

Six Tips To Make Mealtimes Easier for People With Alzheimer's Disease

To learn about healthy eating for a person with Alzheimer's, visit www.nia.nih.gov/eating-alzheimers.

 Serve meals in a consistent place, way, and time.	 Offer foods the person is familiar with and likes.	 Use mealtimes to talk about things you both enjoy.
 Make the eating area quiet by turning off the TV and radio.	 Cut food into small pieces and make sure the food is soft enough to eat.	 Offer one food item at a time and don't rush the meal.



National Institute on Aging

Websites With More Information

The link below reviews care in the late stage of Alzheimer's Disease

<https://www.nia.nih.gov/health/alzheimers-caregiving/care-last-stages-alzheimers-disease>

This website from Alzheimer Society Canada reviews early, middle, and late-stage changes in feeding with helpful strategies.

https://alzheimer.ca/sites/default/files/documents/Meal-times_Alzheimer-Society-Canada_0.pdf

Pro Tips and Best Practices

Choose the right time

Don't feed a person who is drowsy or lying down. They should be in an upright, seated position during the meal and for at least 20 minutes after the meal.

Ensure they are swallowing safely

Give the person small amounts of food. Make sure the person has swallowed before introducing more food. Sometimes food can be pocketed in the cheeks.

Set up for success

Sit to the side of the person while helping them eat because sitting in the front may be intimidating. Do not use a straw in their drink. Describe the food they are eating.