



Course Outline

Dementia: Making the Most of Mealtimes

Minimum and Maximum Learners: 06 - 16 Duration: One Day Timings: 10:00 - 16:30

Suitable for

- Day care staff
- Domiciliary care staff
- Charity staff
- Health care assistants
- Nursing staff
- Housing Staff
- Residential care staff
- Team Leaders and Managers

Completion of Dementia Awareness training within the last two years is required before attendance.

Aim

To highlight the need for making mealtimes meaningful and fun for people with dementia. You will evaluate mealtimes in your care-setting develop strategies for increasing engagement, socialising and reminiscence.

Learning Outcomes

By the end of the course, you will be able to:

- ✓ **Review** your existing attitudes, knowledge and skills about dementia.
- ✓ **Appreciate** the important role food plays in all our lives.
- ✓ **Recognise** the importance of providing engaging food-based activities.
- ✓ **Explain** how dementia impacts on eating and drinking (including chewing and swallowing problems).
- ✓ **Plan, provide and evaluate** and meaningful food-based activities and mealtime experiences.

- ✔ **Assess** your care-setting's eating environment and mealtime experience and **identify** easy, affordable changes to make it more dementia-friendly.
- ✔ **Discuss** varied strategies for promoting independence (including finger-food) for clients who spend a lot of time 'walking.'
- ✔ **Identify** the specific issues for those people with dementia approaching end-of-life.

Benefits of Attending

- ✔ Feel confident and ready to put your learning into practice.
- ✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.
- ✔ Create a Personal Action Plan to apply your learning in your workplace.

Training Style

This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (*email required)

Other Courses to consider (Visit my website for details of these and other courses)

- ✔ Dementia: Acute Care Perspectives
- ✔ Dementia: Communicating and Engaging with People with Dementia
- ✔ Dementia: Person Centred Care Skills
- ✔ Dementia: Music, The Brain and Dementia
- ✔ Dementia: Managing Restraint and Managing Risk in Dementia Care
- ✔ Dementia: Promoting Activity – A Whole-Team Approach

