

Webinar #05




**Healthy Ageing
Tasmania**

Eating Well With Dementia



Healthy Ageing Tasmania

 health.tas.gov.au/healthy-ageing

 community.nutrition@health.tas.gov.au

*Funded by the Australian Government Department of Health.
Visit the Department of Health website (www.health.gov.au) for more information.*



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The Healthy Ageing Tasmania Team acknowledge the palawa people as the traditional owners and ongoing custodians of Lutruwita (Tasmania).

We recognise the strength and resilience of all First Nations people and their care and protection of country and community for thousands of years. Aboriginal people demonstrate deep respect and value for their elders and their communities. First Nations people have been story telling for more than 65,000 years, and we proudly pay tribute to their culture when we share stories and connect with our ageing community.

In the spirit of reconciliation, I extend my respect to Tasmanian Aboriginal people and Elders past and present and acknowledge that their land was never ceded.



This session will cover

- Malnutrition and dementia
- Enjoyable mealtimes
- Common eating issues
- Finger foods
- Resources



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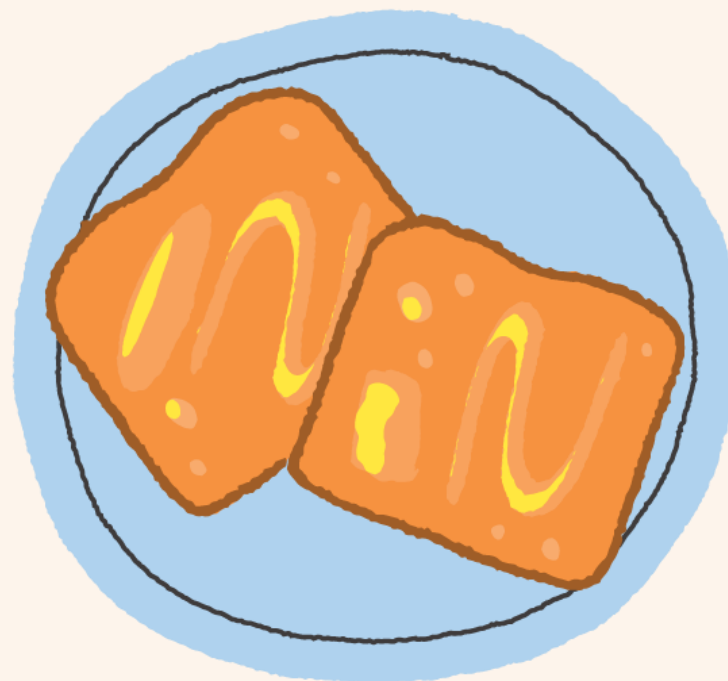


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Malnutrition and dementia

Malnutrition occurs when a person is not eating enough **energy, protein** or other nutrients and there is a **negative effect on the body**.

Lowering the risk of malnutrition should be a high priority in dementia. ⁽¹⁾



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Personalised meal modifications



Meal choice



Meal presentation



Eating environment



Eating assistance



End of life nutrition (2)





Client-centred approaches that consider food quality, meal assistance, dining environment and sociocultural needs are central in avoiding negative nutrition outcomes for people living with dementia.



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Creating enjoyable mealtimes

- Turn off the radio or TV
- Allow plenty of time for meals
- Set alarms for mealtimes if they are being missed
- Use coloured plates (eg red without patterns) to help food stand out
- Encourage eating with others
- Prompt your client and encourage regular eating behaviours



Common eating issues

If chewing or swallowing is becoming challenging:

- Encourage soft and moist foods
- Avoid sticky, dry and crunchy foods
- Seek support from a Speech Pathologist if needed

If self-feeding is tricky:

- Try a non-slip mat under the plate
- Try adapted cups and lightweight cutlery
- Try more finger foods

If your client is eating less or not finishing meals:

- Include nourishing drinks or snacks between meals for extra energy and protein



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Finger foods



- Fingers of toast
- Crumpets
- Pikelets
- Bread roll



- Potato wedges
- Cooked veg pieces
- Veggie pikelets
- Corn on the cob



- Fruit pieces
- Fruit-based muffins
- Fruit kebab



- Cheese slices
- Dairy-based dips with crackers
- Yoghurt tubes or squeeze packs



- Boiled eggs
- Meat strips
- Patties and meatballs
- Nuts

Meeting Aged Care Quality Standards and other obligations

- ✓ Conversations about food
- ✓ Identifying red flags
- ✓ Malnutrition screening
- ✓ Communication processes
- ✓ Up-to-date information
- ✓ Referral pathways
- ✓ Training



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Resources and support



www.health.tas.gov.au/healthy-ageing

- Nutrition for older people online training
- Malnutrition in older people online training
- Factsheets to support eating well
- Nutrition Risk Identification Questions (NRIQ)
- Malnutrition screening



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Resources and support



Dementia Australia website:

www.dementia.org.au/living-dementia/staying-healthy/nutrition-and-dementia

Independent Living Centre Tasmania website:


www.ilct.com.au/services/centre-display

Information and Advisory Service: 1300 452 827



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References

1. Paul S. Strategies for home nutrition support in dementia care and its relevance in low-middle-income countries. *Journal of Family Medicine and Primary Care*. 2020; 9(1);43-48.
2. Goodwin I, Lea E, Bindoff A, Doherty K. Exploring perceptions of eating with dementia: findings from a massive open online course. 2022; 1;177:106126. [10.1016/j.appet.2022.106126](https://doi.org/10.1016/j.appet.2022.106126)

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