

Dining essentials

8 facts you need to know about the residents you care for

Knowing these 8 facts will help you to:

- ✓ ensure residents receive nutritious and appealing meals they can eat
- ✓ notice early warning signs of decreased appetite and/or weight loss
- ✓ act early to prevent malnutrition.

Meal and snack preferences

- What are their individual likes and dislikes?
- What are their preferred portion size and meal frequency?
- What are their serving preferences, including meal temperature, seasoning, spice etc?
- Where do they like to dine, at what time and with whom?

Health issues that will impact eating

Including but not limited to:

- Oral and dental health
- Swallowing issues
- Pain
- Food allergies
- Drowsiness
- Medication that impacts appetite or eating
- Impaired cognition and dementia.

Usual food consumption

- Do they usually eat all or some of their meal?
- Do they eat snacks?

Name of regular dietitian, speech pathologist, dentist, physiotherapist, occupational therapist and GP

1
2
3
4
5
6
7
8

Resident's name

Current weight

This will help you to detect any unwanted or sudden weight loss.

Changes to food consumption and weight are key warning signs of malnutrition.

If you notice changes you must document, notify and act.

Assistance requirements

- Do they need assistance to get into an upright position to eat and drink?
- Do they need help reaching for and opening their meals?
- Do they need assistance to cut up or season their food?
- Do they need assistance to eat?
- Do they need a modified diet?
- Do they need modified cutlery?
- Do they need visual prompting and longer to eat?

Cultural and religious imperatives

- Do they have access to culturally-appropriate food?
- Do they have access to culturally-appropriate cutlery?
- What support do they need to observe cultural prayer or traditions during mealtimes?

