

# Providing food and dining choice

**It is important that residential aged care staff support residents to make choices about their food, drink and dining because:**



## It's the right thing to do

Choice upholds residents' rights and enhances quality of life.



## It's the smart thing to do

Residents who can make choices about their food and drink are more likely to be healthier, happier and live longer.



## It's the law

The Aged Care Quality Standards state you must give residents dignity of choice.

### Resident choices include:

- ✓ When they eat and how long they eat for
- ✓ Who they eat with
- ✓ How much they eat and drink
- ✓ Cultural and religious options
- ✓ Where they eat and drink
- ✓ What they eat and drink
- ✓ How they eat and drink
- ✓ Whether they have assistance and support
- ✓ Whether they have a full or partial texture modified diet.

### How to provide choice:

- ✓ Ask the resident what they want
- ✓ Confirm choices often – they may change daily
- ✓ Give residents time to make their decision
- ✓ Document residents' choices and preferences
- ✓ Involve residents in the design of meals
- ✓ Communicate food and dining recommendations
- ✓ Inform residents about dignity of risk and give the information they need to make an informed choice
- ✓ Remember the resident has the final decision and choice.



 **Phone**  
1800 951 822

 **Web**  
[agedcarequality.gov.au](http://agedcarequality.gov.au)

 **Write**  
Aged Care Quality and Safety Commission, GPO Box 9819, in your capital city



**Australian Government**

**Aged Care Quality and Safety Commission**

**Food, nutrition  
and dining hotline**  
 **1800 844 044**

