

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.



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