

NUTRITION GOOD PRACTICE IN CARE HOME

Meeting the Nutritional needs of the residents.

Dignity in Dining Experience.

Meeting the nutritional and hydration needs of the **vulnerable** residents.

Modified Texture Diets

Special needs



MEETING THE NUTRITIONAL NEEDS OF THE RESIDENTS

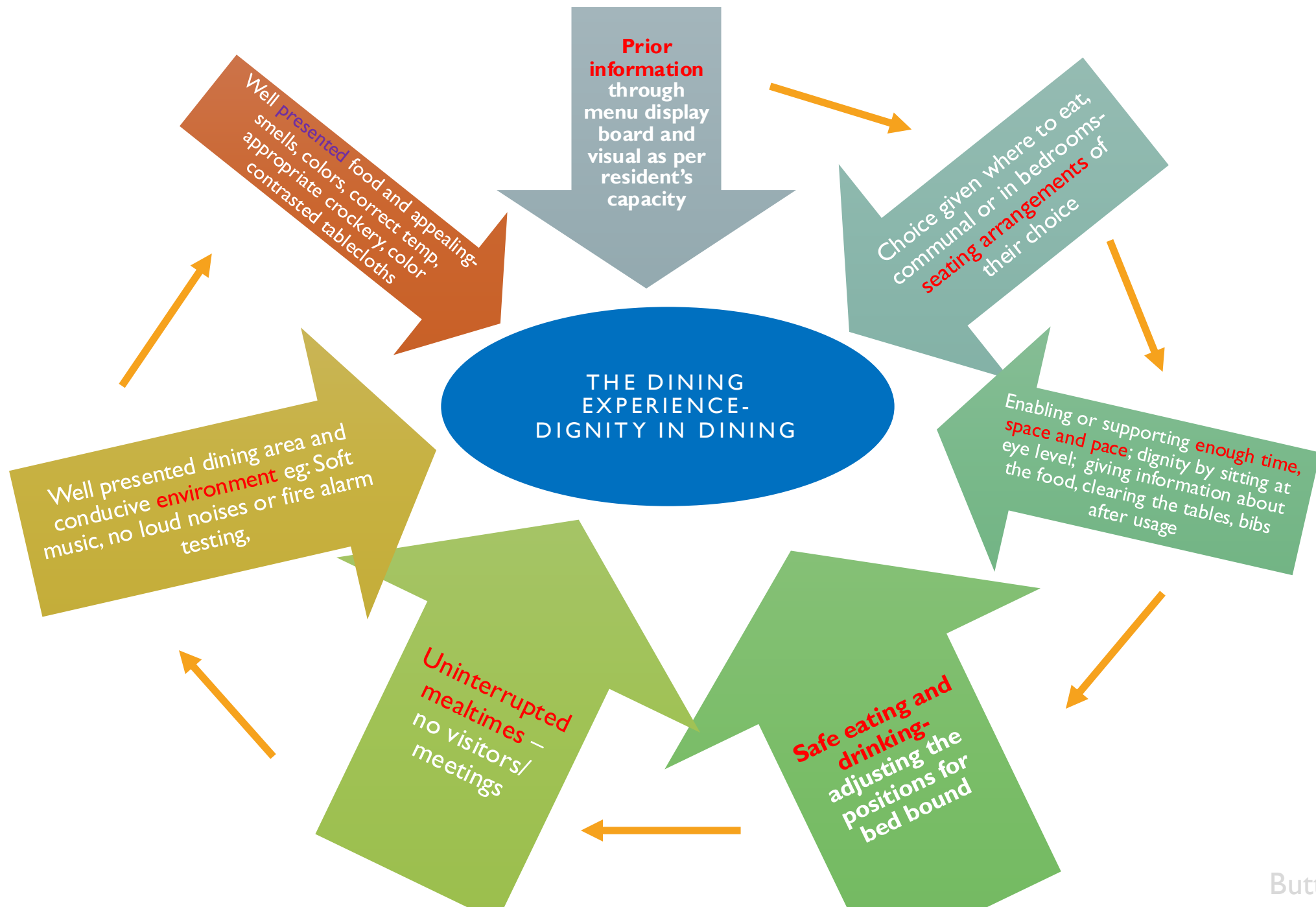
- Plan & Prepare: Balanced diet menus- protein, veggies, dairy, puddings – childhood memory – mother's menu-smell of food, look of it-Seasonal

- Get to Know: Upon admission-person-centric choices, likes, dislikes. As a cook, speak directly to all new admissions-Identify risks-manage changes-Involve family.

- Flexible Options- from standard to bespoke on any day/time.

- Communication & Coordination- with residents, carers, families, Dietitians

- Staff Training: Mandatory – Innovative N & H campaigns



MEETING THE
NUTRITION AND
HYDRATION NEEDS
OF **VULNERABLE**
RESIDENTS



Monitor: Weights /MUST scores /MUST management plans



Fortified Drinks



Fortified Meals



Nourishing Snacks



Dietitian Referrals



IDDSI Framework for texture of meals and snacks



Choking risk-SLT recommendations – Staff Training



Food presentation-Close to natural textures & Colours

MODIFIED TEXTURE DIETS



Medical conditions: Diabetes/ Asthma / High cholesterol / Obesity



Lactose free / Gluten Free / Food allergies



Social / Cultural

SPECIAL NEEDS

INNOVATIVE PRACTICES

- **Creative food presentations:** Ice cube Jellies; Fortisip lollies
 - **Environmental settings:** Fruit Stations; Social drinking-mocktails
- **Sensory stimulations:** Fruit Stations, staff wearing colourful aprons, weekly once one activity around Food.
 - **Themed drinks:** Fortified Milkshakes in summer; Hot chocolates & Soups for cold nights ; Decaffeinated drinks to reduce stimulation of bladder
- **Strategies** around people and practices: Staff training and awareness of residents; Offer drinks, offer more drinks, support and encourage drinking; Monitoring; Feedback

THANK YOU

