

## **Eating and Mealtimes: An Activity of Consequence (1992)**

*Eating and Mealtimes: An Activity of Consequence* is a chapter in *Alzheimer's Disease: Activity Focused Care*. Mealtime is often a challenge with long-term care residents with dementia because they often exhibit difficult behaviors. This chapter looks at mealtime as an important activity and addresses how to modify the activity, enhance what goes well, and solve the difficulties. Since behavior during mealtime often reflects a resident's total well-being, changes in mealtime approaches can often improve physical, cognitive, and emotional health. Most important is flexibility on the part of the care provider in creating a pleasant and healthy mealtime for residents.

The chapter outlines the key considerations when addressing different aspects of eating and mealtimes in long-term care facilities. These issues are as follows:

- Eating behaviors exhibited and problems encountered
- Possible causes of eating problems: cognitive, physical, psychosocial, and environmental challenges
- Increasing food consumed and nutrition: approaches and interventions
- Dietary department: food modification and mealtime support
- Dining environment and equipment support
- Mealtime assistance: activities involvement and other staff persons
- Family involvement at mealtime
- Late or terminal care nutritional assessment and challenges

Three appendices are also included in the chapter:

- Sample Policy and Procedures: Supporting Optimal Nutrition for Residents with Dementia
- Finger Food Suggestions
- Nutrient-Dense Recipes

This 30 page chapter appears in *Alzheimer's Disease: Activity-Focused Care*, published in 1992 by Butterworth-Heinemann. The 1992 edition can no longer be obtained from the publisher. However, a second edition of this book was published in 1998, and is available from the Elsevier website at <http://www.us.elsevierhealth.com/product.jsp?isbn=9780750699082>.