



Residents' Rights Week 2010:
DEFINING DINING... IT'S ABOUT ME



The Dining Experience

Residents Rights Week 2010



The National

CONSUMER VOICE

for Quality Long-Term Care

formerly NCCNHR

What does DINING mean to You?

- Importance of food in our life
- Importance of presentation of food
- Choice
- Likes/Dislikes
- Socialization
- Provide links to the past
- Comfort
- Religious Events

Resident Dining Experience

- Bring Resident to the Dining Room 1 hour before the meal
- Residents sleeping in chairs
- Tray delivered
- Sounds of people eating and staff talking and laughing
- Residents in bibs eating
- “Feeder” tables

Negative Outcomes

- Not eating
- Losing weight
- Medication problems
- Falls
- Scared
- Change in Behavior
- Poor Sleep
- Boredom
- Isolation
- Feelings of unworthiness
- Feel like a child

How can we make the dining experience better?



What should the dining experience be?

- Positive
- Involve the Resident
- Comfortable and Safe
- Foster Independence
- Provide nourishing, pleasant meal

Environment

- Table cloth
- Centerpiece
- People to eat with
- Soft music in the background
- The smell of food
- Napkins not bibs

Institutional or Home?



Institutional or Home?



Staff Attitudes!!

- Smile
- Talk
- Ask about the food
- Get *Residents* involved in conversations
- Your *Attitude* impacts the Residents Attitude
- Positive *Energy* from positive attitudes

Food

- Presentation of food
- Choosing what type of foods to eat
- Condiments
- Seasoning of food
- Add resident recipes to menu
- Get residents involved in food prep
- Plates not trays

Presentation Makes the Meal



Example For Making Dining Fun!

- Mexican Fiesta night
 - Authentic foods
 - Decorations
 - Activities
 - Staff eat with residents



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