

Activity

Think about one particular person with dementia whom you support, and then consider the following questions:

- How could you involve that person more in preparing meals?
- What do you know about the person's life history and how this relates to their food preferences?
- How could you use this information to promote interest in food and eating and drinking?
- What conversations could you have to stimulate interest in food and appetite?
- What activities could you involve the person in that would provide interest and enjoyment?

Are there any barriers to involving people with dementia in activities related to food and mealtimes? Can you suggest how to overcome these?