

# Eating Well: *Nutrition: Why it is important for people with dementia*



## Activity

The following approach can help you to provide good nutritional care and identify the risk of eating and drinking difficulties promptly. For each idea, think about whether this happens in practice, reliably, where you work.

1. All people involved in the support of the person with dementia need to be able to access information about the person's likes and dislikes, eating habits and cultural/religious requirements.

***Is this done reliably where you work and if so how?***

2. Measuring a person's weight each week can help to indicate any changes that need attention.

***Is this done reliably if needed where you work?***

3. Nutritional screening and assessment can help to identify the risk of malnutrition and identify strategies to help.

***Is this readily available if needed where you work?***