

## Activities

### *An activity for staff in care settings*

Look around the kitchen and dining area of the care setting in which you work. Note any changes that could be made to make the environment more dementia friendly. What is the difference between this dining room and the dining room of your favourite restaurant or when you have a meal with friends or family at home? What ideas could you borrow from there?

Think about how the kitchen and dining area where you work can be made easily recognisable.

**How could you improve the eating experience for a person with dementia, if you are helping them to eat?**

**How could the seating arrangement help with this?**

### *An activity for home care staff*

Read this feature on kitchens and dining areas and consider how the issues apply to two or three of the people you work with.

Then think about the following questions:

- **Have you ever tried making changes before to the home environment to help these people better manage their eating?**
- **What have you found helps?**
- **How could you improve the eating experience for these people now, based on the ideas from the material in this section?**

Suggesting changes to a person's private home may not be appropriate or necessary. Even so, it may be that you could suggest small practical changes based on this material or, if the person's needs are more substantial, refer the person for specialist input from an occupational therapist or a speech therapist.