



The Importance of Food and Mealtimes in Dementia Care: The Table is Set

Grethe Berg

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Mealtimes are about much more than just re-fuelling, and the importance of mealtimes in the care of people with dementia cannot be overestimated. Using her extensive experience of working with older people with dementia, Grethe Berg explains how mealtimes can be used as natural opportunities for meaningful interaction, socialising and reminiscing, and useful forums for taking part in familiar tasks.

The book considers the social significance of mealtimes and their role in maintaining patients' feelings of social attachment and well-being as well as the impact of the symptoms of dementia on food and mealtimes. It also explores different types of residential care and how they can make mealtimes a focus of activity for patients. Finally, the author discusses practical implementation strategies, considering variables such as building design, interdisciplinary collaboration, organization of staff and residents, and staff participation and conduct at mealtimes.

This book provides much-needed help and practical strategies for care managers and carers to reclaim mealtimes as positive experiences for people with dementia.

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