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

The Dining Experience
Residents Rights Week 2010
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