



# Eating and drinking well with dementia

## Learning Outcomes and Programme

The learning outcomes for this workshop are mapped to the Skills for Care Qualifications and Credit Framework DEM302 'Understand and meet the nutritional requirements of individuals with dementia'

### Learning outcomes

By the end of this workshop the learner will be able to:

1. Understand the nutritional needs that are unique to individuals with dementia
2. Understand the effect that mealtime environments can have on an individual with dementia
3. Be able to support an individual with dementia to enjoy good nutrition

### PROGRAMME

- 09.30 Welcome and Introductions
- 09.45 'The eating and drinking well with dementia' Quiz
- 10.15 Presentation: Managing nutritional care and mealtimes
- 10.30 Presentation & Exercise: Why does the experience of dementia affect eating and drinking?
- 11.00 Break
- 11.15 Presentation & Group Discussion: What are the factors other than dementia which affect eating and drinking?
- 12.00 Presentation & Exercise: The importance of life history in enabling individuals with dementia to eat and drink well.
- 12.45 Buffet Lunch: Exploring individuality, diversity and wellbeing when eating and drinking
- 13.45 Presentation and Group exercise: Understanding the impact of the environment in enabling or disabling an individual with dementia to eat and drink well
- 14.30 Case studies: How to provide an environment which enables individuals with dementia to eat and drink well
- 15.15 Break
- 15.30 Group Discussion: Troubleshooting eating and drinking difficulties
- 16.30 Close