Dementia, Dining & Dignity at the Dinner Table

Presented by:

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Presented for:

Morningside
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www.mmlearn.org

The Situation

Too often, aging services providers find that caregivers have not mastered the art & science of dementia communication, resulting in disheartening, undignified and even dangerous situations, especially during meals. When they should be experiencing the comfort of a familiar routine, persons with dementia are instead experiencing confusion, frustration, and anxiety.



Dignity?

Standing over

Not describing food

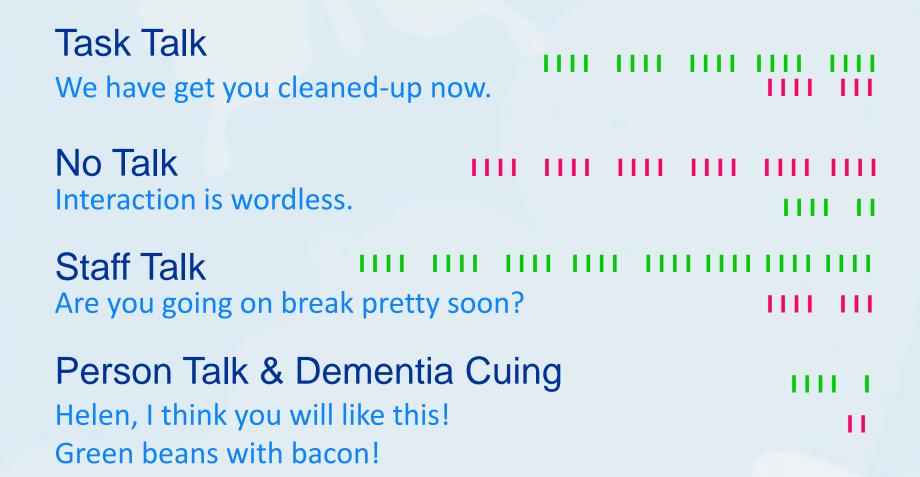
No interaction

Dignity?

Talking over or around the person as if they are not even there



Doing a Quick Check







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Dementia Communication Coaching for Dining

Dementia impacts dining.

Here are a few of the things caregivers need to know.

Remembering what was ordered

Remembering which meal this is

Remembering why we are in this room

Remembering when the food will be coming

Communicating Preferences

Initiating Eating

Switching Between Eating & Drinking

Adding Things: Sugar, Cream, Butter

Understanding what to do next.

Initiating Conversations



Aging impacts meal-time enjoyment. Here are a few of the things caregivers need to know.

- Significant Decrease in Taste Buds
- Dry Mouth
- Decreased Ability to Smell
- Age-Related Hearing Impairment
- Dentures reduce taste
- Blurring & Dulling of Vision Food Colors Less Vibrant
- Special preparations such as Pureed & Ground take away familiar, recognizable textures

Guiding to the Dining Room

Good Morning Jane, I'm Kelly.

It's time for breakfast.

We're having oatmeal with brown sugar today!

I'll take you to the dining room.

I'm going to turn you around.



Cuing Friendship



Helen, meet the one and only Estelle!

I think you two go a long way back.

You are the two best-looking women at the table!

Presenting the Meal

Below eye level

Eye contact first

Sparkling face

Simple Statements

Low pitch. No up-talking

Hot out of the oven!

I made it just for you!

Broasted chicken today!

Mashed potatoes with extra butter!

Green beans with bacon!

Coaching for Cuing...

Food Cuing – for appetite & pleasure

Reminiscing Cuing

Friendship Cuing

Describing what is coming next



Cuing instead of Doing



Getting it Right.



For more information about Dignity & Dementia Coaching

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