

# Dementia, Dining & Dignity at the Dinner Table

Presented by:

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# 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

## Task Talk

We have get you cleaned-up now.



## No Talk

Interaction is wordless.



## Staff Talk

Are you going on break pretty soon?



## Person Talk & Dementia Cuing

Helen, I think you will like this!

Green beans with bacon!











# 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



Gladys, I want you  
to meet a real  
cracker jack!

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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