

Welcome!

Dining with Dementia

Techniques to Bring Joy to the Table

Start time: 10:00 am HST

You should hear music playing now.

Check that your computer is not muted and the volume is turned up. There is no phone dial up required.

Thank you for joining us!



CATHOLIC CHARITIES
HAWAII
CIRCLE OF CARE FOR DEMENTIA

Catholic Charities Hawaii 2020 Dementia Workshops for Caregivers of Persons Living with Memory Loss are made possible by a grant from the Administration for Community Living, U.S. Department of Health and Human Services, given to Catholic Charities Hawaii for the Alzheimer's Disease Program Initiative.

Please help us support this grant by completing this short 5-question pre-test poll. You will be asked to complete the same questions in a post-test at the end of the webinar. All answers are anonymous.

Thank you for your participation!

Sponsored by



CATHOLIC CHARITIES
HAWAI'I
CIRCLE OF CARE FOR DEMENTIA



Supported in part by grant No. 90ADPI0011-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy. The grant was awarded to Catholic Charities Hawaii for the Alzheimer's Disease Program Initiative.

Zoom Webinar Guide

Q&A: Everyone is muted and in “listen only mode,” but we still want to hear your questions! Please use the Q&A feature to submit your questions. There is the option to ask anonymously if desired.

Chat: If you have any technical issues during the webinar, please use the chat to let us know. Questions regarding content should be submitted through the Q&A feature.

Recording: Today’s webinar is being recorded for future viewing. You will receive a link to the recording after the event.

Slides: Presenter will be sharing PowerPoint slides. You will receive a link to download the PDF of today’s slides.

CEUs: There are no CEs for this event. You will receive a link to download a printable PDF certificate of completion noting the topic and duration of the webinar.

Caregiver Survey: At the end of this webinar we would like to ask you to fill out a confidential survey. We value your feedback and always want to make improvements!

A G E N D A

What does it take to eat successfully?

01

Striking a balance between nutrition
and preference

02

Hydration Challenges

03

Noticing Changes in Eating

04

Making Accommodations

05

Changes Approaching the End of Life

06



Time Travel to Your Youth!

Take a moment to think...

What is your favorite food from childhood?

Who made it for you?

When did you get to have it?

Chocolate!!

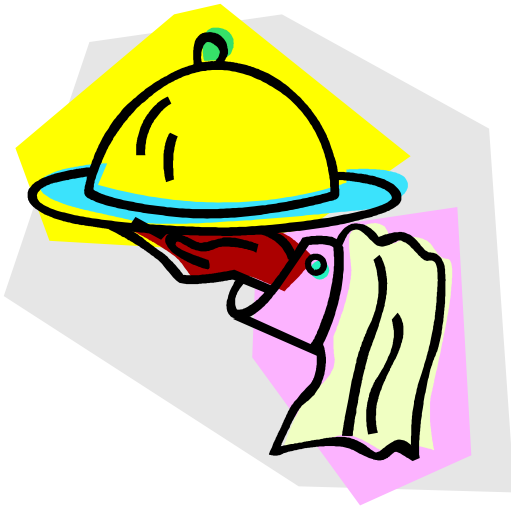


- It is clear why chocolate was and is a very special food for me!



What Does It Take to Eat?

- Food & Drink to meet nutritional needs



- Appetite – hunger & thirst
- Ability to process food & drink adequately
- Attention to meal
- Judgment
- Vision
- Sitting balance
- Strength to stay up
- Arm use
- Hand use – fingers
- Tool use
- Lip control
- Mouth control
- Chewing
- Sucking
- Swallowing



So What Happens When Someone Has Dementia? How Does It Affect Eating and Nutrition?

What Is Happening to Their Brain?





Normal Brain

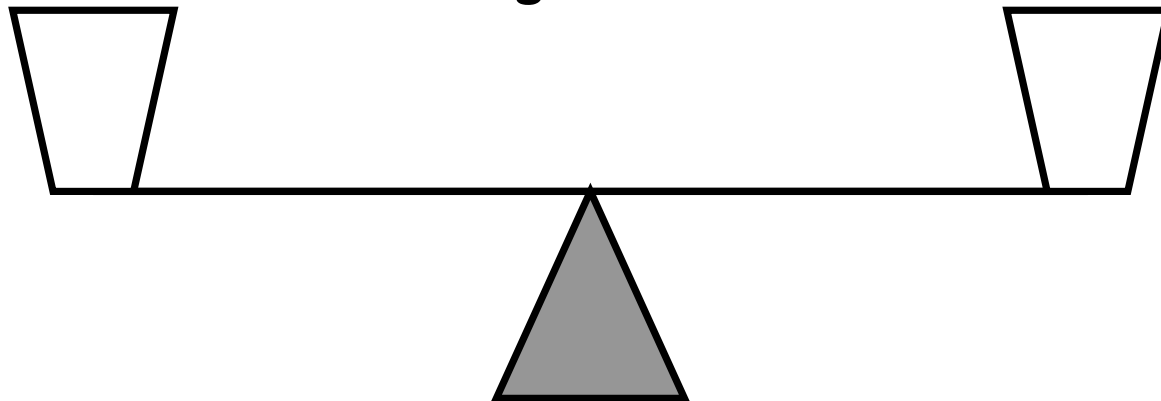


Alzheimers Brain

Building a GREAT Nutrition Program

It's All About...

Striking a BALANCE



What is required...

What is desired...

What makes sense...

What works...

Striking a Balance...



- What I like versus What's good for me
- Life long habits versus NEW NEEDS – health
- How “I” make it versus How “you” make it
- Culturally sound versus Nutritionally sound
- What is prepared versus What is eaten



Brain & Body Health

What is recommended?

- Lower salt
- Lower sugar
- Lower calorie
- Less trans fats
- Smaller portions
- More fresh & raw
- More fluids
- More fruits & vegetables
- More whole grains



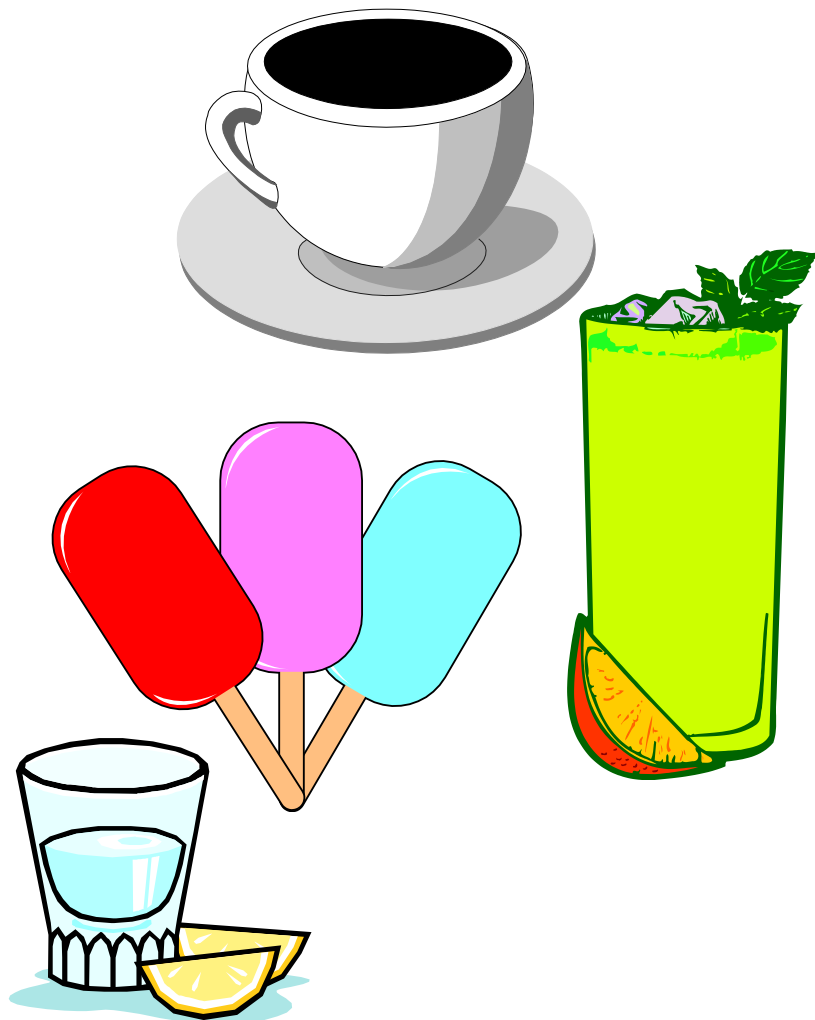
BE HONEST – What DO You Eat?



- Personal favorites
- What's familiar
- What matches your 'taste' & 'texture' preferences
- What looks good
- What SMELLS good
- What's offered



Hydration Problematic



- Lack of thirst
- Lack of skill to fix
- Lack of awareness
- Limited opportunity
- Medications
- Fear of incontinence
- Types of drinks

How to Help with Hydration



- Cut fruit juices with ice or water
- Offer decaf coffee & teas
- Serve flavored & colored water
- Know your fruits & vegetables
- Offer soups & gelatins & frozen treats
- Be creative



Fruits



High Fluid – easy to eat

- Watermelon slices
- Applesauce
- Melon bites
- Papaya
- Mandarin oranges
- Bananas
- Sliced Mango
- Sliced strawberries
- Avocados

High fluid – harder to eat

- Apples
- Blueberries & cranberries
- Pineapple
- Oranges
- Apricots
- Peaches & plums
- Whole grapes
- Grapefruit



Vegetables



High fluid – easy to chew

- Vegetable soup
- Stewed vegetables
- Vegetable juices
- Well steamed broccoli, cauliflower, onions
- Cooked spinach or luau leaf
- Vegetable casserole
- Baked/boiled/steamed sweet potatoes, taro, breadfruit

High fluid - hard to chew

- Carrots
- Squash
- Cucumbers
- Broccoli & cauliflower florets
- Lettuce
- Cabbage
- Eggplant
- Spinach
- Celery & onions



Watch for Changes in Eating...



- Change in health
- Denture or mouth problem
- Drug interactions

OR

- Is it advancing dementia that is changing abilities?

What do you notice?



Have there already been some accommodations made?

- How is the fork held?
- How is her accuracy?
- How well can she scoop food onto her fork?
- Is she aware of whether food is on fork or not?
- How does she finally get the chicken to stay the fork?

Check Out Changes in ...

- Appetite
- Chewing
- Amount eaten
- Taste
- Hand use
- Behavior at meals
- Weight
- What is eaten
- Bathroom habits
- Social skills
- Communication skills
- Pre-meal Hygiene
- Post-meal hygiene
- Swallowing
- Choking

Eating is an IMPORTANT
parts of our day...



Help to make it
GREAT and DELICIOUS!



Now let's match up changes in
eating & nutrition with
progression of dementia





Now for the GEMS...

Sapphires - True Blue - Slower BUT Fine

Diamonds - Repeats & Routines, Cutting

Emeralds - Going - Time Travel - Where?

Ambers - In the moment - Sensations

Rubies - Stop & Go - No Fine Control

Pearls - Hidden in a Shell - Immobile



Sapphire Issues

Common Concerns

- Eating too much for activity level
- Eating too little due to meds, health, emotional state
- Difficulty with following 'best health' eating plan
- \$\$ limited for food options
- Lack of good food knowledge
- Old habits die hard
- I GET TO CHOOSE!

Possible Changes

- Change portion size & activity level – BABY STEPS
- Address underlying issues
 - Modify meds
 - Change textures, timing, amounts, company
- Partner up
- Get a 'portion plate'
- Look into local food banks & community coops or gardens
- Consult a geriatric specialist



Diamond Changes

- Use OLD habits and routines r/t meals
- Wants to do what they have always done
- Hard to hold onto 'new' easily UNLESS it is emotional then may over focus & over state
- More impulsive OR more indecisive r/t food
- May try to cover losses in ability
- May behave differently in different situations
- Worried about costs



Main Diamond Messages

Go with what they know & like

Introduce NEW as new over and over

Match social preferences at meal times

Expect complaints

"I'm sorry! - You are right"



Diamond Issues

Common Concerns

- Eating too much for activity level
- Eating too little due to meds, health, emotional state
- Can NOT follow 'best health' eating plan
- Worried about \$ & food
- Lack of good food knowledge
- Habit change – NOT without ACTIVE POSTIVE support
- I GET TO CHOOSE!

Possible Changes

- #1 = do NOT do battle!
- Change portion size & activity level – BABY STEPS
- Address underlying issues
 - Modify meds
 - Change textures, timing, amounts, company
- Partner up - make it about you
- Use a 'portion plate'
- Limit \$ - food or take care of it
- Consult a geriatric specialist
- Its NEW – over & over



Emerald Changes

- Not as aware of internal cues - using more external cues
- May use food to fill or organize the day
- Tries to use old routines - ERRORS
- Some spills and drips/slips - not noticed
- More sensitive to disliked flavors/tastes
- Difficulty with bilateral utensil/hand use
- Old life stories - food related = NOW
- Can't delay... doesn't like being 'bossed'
- Binocular vision



Main Emerald Messages

Is this a 'So What' concern?

Be friendly - not bossy

Do With - not to - Role model

SHOW don't tell - stop talking so much!



Emerald Issues

Common Concerns

- Eating too frequently or rarely
- Eating too much or too little
- Eating too fast or too slow
- Sloppy
- Junk food
- Diet issues
- Food prep - adding condiments or cooking
- Trouble choosing - menus
- Taking others food or drink

Possible Changes

- Limit visual access OR expand it - just set it & point it out
- Use smaller plates, $\frac{1}{2}$ portions at a time
- Eat along side - model
- "Oh this is good... Try a bite, tell me what you think..."
- Change the food
- Let help to make
- Limit choice - use picture menus
- Cue -placemats & more space

Making Accommodations for changing skill

Plates and Utensils

- Adaptive plates with lips/rim
- Plates with suction on bottom to hold in place
- Sectioned plates
- Weighted utensils
- Fatter grips on utensils
- Bendable utensils
- Cups with texture for gripping
- Mugs with large handle openings
- Cups/mugs with covers

Changes in food textures & how offered

- Thickened liquids
- Chopped, fine chopped, or pureed food
- Finger foods
- Walk and chew foods
- Hands on help to get started
- Hand Under Hand help throughout the whole meal

Help me be successful
with the skills I still have!



Regular spoon

- How steady is her hand?
- What does her grip look like?
- What if this had been soup?



Weighted adaptive spoon

- Now how steady is her hand?
- Is there a difference in her grip?
- How successful could she be with soup now?

What do you notice?



Amber Changes

- Sensory need - mouth and fingers
 - like = eat & drink
 - Not like = NOT eat or drink
- Sensory tolerance - mouth, fingers, body
- Textures, food & room temperatures, tastes, environment, speed, company, lighting, sound, space - (denture issue)
- Limited utensil use & more spills
- Not aware of food & drink as food & drink
- Not about 'what's good for me'



Main Amber Messages

Substitute don't subtract

Work with LIKES - avoid dislikes

Think about SENSATIONS

Use hand-under-hand to get started & to
switch up



Amber Issues

Common Concerns

- Playing with food
- Spilling
- Not using utensils
- Eating too fast or not eating
- Not drinking enough or too much
- Spitting things out
- Eating non-food items
- Taking others' food

Possible Changes

- Limit amount & variety at a time - cue when presenting - hand-under-hand to get started - partner at table
- Use more finger foods
- Limit number of utensils
- Smaller cups - lids & straws
- Go to soft versus dentures
- Limit thicker/denser meats
- Limit 'fall apart' items
- Offer food items - substitute



Ruby Changes

- Using hands - not utensils and fingers
- Dropping & spilling - Less aware of position in space - moves 'whole' body or body part
- Communicates needs with 'behaviors'
- Can be hypersensitive around mouth & fingers
- Can't stop moving or can't get going
- Monocular vision - lacks figure-ground & depth perception
- May be burning more calories - limited proteins
- Trouble organizing chewing to swallowing - pocketing - holding but not eating or drinking



Main Ruby Messages

Copy not imitate

SLOW down

Simplify

Hand-under-hand assist

Ask for only one thing at a time

Decrease duration - increase frequency



Ruby Issues

Common Concerns

- Weight loss
- Dehydration
- Limited items liked
- Refusals
- Spillage
- Not sitting down to eat
- Not waking up to eat
- Not able to feed self
- Pocketing
- Sitting

Possible Changes

- Walking snacks
- Super 'sweetening'
- Limit textures
- Hand under hand assist
- Work on transitions
- Use spoon use 'thick' liquids versus 'solid' items
- Cups with covers & straws
- 6-8 'meals' a day
- Smaller bites - 5 bites then a drink

Teepa Snow helps Lucille eat using Hand Under Hand assistance



- Teepa's hand is the under hand, providing support and guidance.
- Lucille's hand is on top and participating with bringing the food to her mouth, and can give Teepa feedback
- Notice how Lucille opens her mouth BEFORE the spoon reaches it. She knows it is coming.
- Notice how Teepa uses her left hand to make the bowl move to make it easier for her right hand.
- Lucille is feeding herself with fine motor assistance from Teepa.



Pearl Changes

- Limited intake & drinking
- Problems with swallowing (dysphagia)
- Limited ability to fight infections
- Limited interest
- We will have to assist
- It is tempting to try to 'feed'
- It is tempting to put too much in at a time
- Reflexes dominate



Main Pearl Messages

Prepare to - Let It GO!

Peaceful time - smells, sights, sounds

HELP EAT - don't feed

Alert = can eat *NOT* alert = *DON'T* eat

'Tastes' *not* nourishment or hydration



Pearl Issues

Common Concerns

- Won't open mouth
- Won't swallow
- Chokes - doesn't choke
- Coughs - doesn't cough
- Gets pneumonia
- Muscle wasting
- Bite reflex, tongue thrust, grinding of teeth
- Contractures
- Sleeping

Possible Changes

- Hand to shoulder & hand under forearm or wrist
- 'empty bite' to mouth
- Speech consult
- Limit offerings
- Protein smoothies with fluids
- Consult an OT/PT for seating options & cues
- STOP... love the person... let them know you get it



Final message related to food and drink

With dementia, it is about our relationship
NOT about getting it in & getting it done

Dining & Dementia Resources

Positive Approach to Care

www.teepasnow.com

Dementia Education and Skill Building Resources

Adaptive plates, cups, and utensils

Amazon • www.amazon.com

The Wright Stuff • www.thewrightstuff.com

* Good Grips brand is bendable

Clothing protectors

Buck and Buck • www.buckandbuck.com

Adaptive clothing, including clothing protectors

Dining Scarf

Available on Etsy, www.etsy.com

search words “dignity scarf”

Or sew your own!



Bend to the angle
that best suits your
needs



Learn More About Dysphagia (swallowing difficulties) and Aging



<https://geriatrics.jabsom.hawaii.edu/resources/>

This video is available in English, Samoan, Ilocano and Chuukese!

Winter 2020 Zoom Workshop Series

**Geriatrician Perspectives on Dementia, Caregiving, and Brain Health
for Caregivers of Persons Living with Memory Loss**

• Presented by Dr. Kamal Masaki and Dr. Aida Wen

<https://bit.ly/CCH2020DementiaWorkshops>

Healthy Brain Aging and Dementia

• Nov 18 • 10:30-noon (*note later start time*)

Non-Medication Strategies for Dementia Behaviors

• Nov 24 • 10:00-11:30 am

Principles of Medication Use in Older People

• Dec 3 • 10:00-11:30 am

The 3 D's: Dementia, Delirium and Depression: Knowing the Difference

• Dec 10 • 10:00-11:30 am

Thank you!

Thank you so much for your desire to learn and your commitment to making a positive difference!

Please also help us support this grant by completing a short anonymous demographic and quality survey after this webinar. Your feedback is important to us, and helps us to keep providing these free educational events to our community.

To learn more about the Hawaii Circle of Care for Dementia visit,
www.catholiccharitieshawaii.org/dementia/

To learn more about Positive Approach to Care visit
www.teepasnow.com

Please help us support this grant by completing this short 5-question post-test poll. All answers are anonymous.

Thank you for your participation!

