

Tips for eating and drinking in dementia



Tips for eating and drinking

This booklet has some **tips** for **eating and drinking**.

These tips may make **eating and drinking more comfortable**.

Dementia can **affect eating and drinking** in many different ways.



What can be different?

Eating and drinking may **feel different.**

Food might **look different.**

Food might **smell different.**



What can be different?

You might **not feel** the **food in your mouth.**

You might **like new foods.**

You might **not like some foods** anymore.



What can be different?

You might **not feel hungry.**

You might **not feel thirsty.**

You might **not want to eat at meal times.**



What can be different?

It might be **difficult to chew**
food.

It might be **difficult to swallow**
food.

It might be **difficult to swallow**
drinks.



Things to try

Softer foods are **easier**.

You can **blend** your **soup**.

You can **add sauce** or **gravy** to your **meal**.

You can **add custard** or **cream** to your **dessert**.



Things to try

You can try **finger foods** if cutlery is difficult.



Tips for mealtimes

Eat your meals in a **quiet place**.

Sit with **good back support**.

Sit with your **feet on the ground**.

Stay sitting for a while **after eating**.



Tips for mealtimes

Wear your **glasses**.

Wear your **dentures**.

Wear your **hearing aids**.



Tips for mealtimes

You can **help set the table**.

You can **help prepare the meal**.

Use a **cup** that you **like**.

Use a **plate** that you **like**.



Tips for mealtimes

Take **small sips** of drink.

Take **small bites** of food.

Swallow one bite **first**. Then take another bite.



Tips for mealtimes

Chew every mouthful well.

Have **sips of water** between bites.

Clean your teeth after a meal.



Foods that might be easier



Soup



**Pasta with
lots of sauce**



**Flaky fish in
sauce**



**Mince and
tatties**



**Shepherd's
pie**



**Macaroni
cheese**

Foods that might be easier



**Mashed
potatoes**



**Cooked
vegetables**



Mushy peas



**Baked
beans**



Tinned fruit



**Rice
pudding**

Foods that might be easier



Yoghurt



Mousse



Jaffa cakes



Smooth porridge



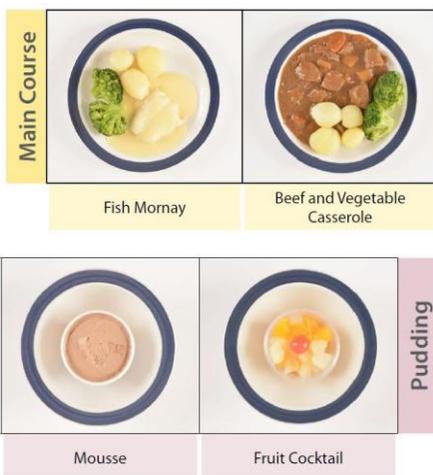
Custard



Biscuits dunked in tea

Tips for the people that serve you food & drinks

- Offer choices, if possible.
- A picture menu can be helpful.
- Consider the **person's preferred times** to eat. This might not be during a scheduled mealtime.
- **Reduce distractions** in the environment.



Tips for the people that serve you food & drinks

- Make sure the person is **comfortable**.
- Make sure the person can **see** and **smell** the food and drinks.
- **Describe** the food and drink.

What **flavours** can we expect?



Tips for the people that serve you food & drinks

- Offer a **gentle reminder to swallow** if the person becomes distracted.
- **Asking a question** may **prompt a swallow**, as the mouth needs cleared before answering.



Tips for the people that serve you food & drinks

- Gently bring the **person's focus back to the meal** if needed.
- Give **reassurance and encouragement.**



Tips for the people that serve you food & drinks

- Eating and Drinking can also be affected by other factors. These include:
 - **Medications.**
 - **Oral Health.**
 - Condition of **teeth** or **dentures.**
 - Other **health conditions**, for example **breathing problems** or **infections.**



If there are further concerns around eating, drinking and swallowing, please get in touch with your GP or Health Care Professional for a referral to Speech and Language Therapy.

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Some pictures of food and drink items were generated with the assistance of AI.