



## Dining Strategies for ADH Programs

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### Did you know?

- Many adult day health clients have vision or hearing impairments
- Some clients suffer from dementia and may not recognize foods
- Some clients have physical difficulties that affect eating ability
- Each of these clients may need assistance with meals and snacks

### Strategies to improve food intake at meals/snacks

- Pay close attention during meals to identify any problems
- If physical problem – may need special plates or cups - will need to work with family, and possibly an occupational therapist
- If vision impaired, set up meal and explain location and types of food – may need some physical help with eating
- If a cognitive problem – may not recognize food – or may be easily overwhelmed
  - Serve one or two foods at a time\*
  - Serve smaller portions of foods\*
  - Sit with client and assist with eating
  - Limit noise and distractions during meals
  - Allow extra time to eat
  - Provide gentle reminders to eat
  - Don't assume they are done if they stop eating
  - Use a plate with color instead of a white plate
  - Provide foods that can be eaten with hands if they do better with this– make a sandwich out of the meal
    - Example meatloaf can become a meatloaf sandwich

\*May need a medical statement if participating in CACFP