



Person-Centered Care

honor choices to increase satisfaction and comfort, and you will most likely benefit care partners as well. When dining is a positive experience, residents will stay hydrated, avoid depression and maintain a healthy weight.

Dining is always about more than nutrition. Emotional and social connections with food can become even more important in a new home. Caregivers are challenged to promote independence, choice and socialization with each dining experience. Consistent staffing is essential to good nutrition and hydration during meals, because those familiar with a person's eating patterns may notice subtle changes in appetite and behaviors that reveal a change in health status.

If unable to help make a favorite recipe, the person can taste-test or supervise. Help individuals create those special dishes and table settings that matter most to them. If accommodation is needed, adapt the preparation process so the person controls as much as possible.

Honor the dignity of the individual. If dining assistance is needed, sit with the person and have a plate of food in front of you to make him or her feel you are sharing the meal, and that he or she is among friends.

Action Items

- Research and respect the resident's dining history and preferred eating schedule.
- Practice assistive techniques with co-workers to increase empathy.
- Take advantage of great tools such as *Dining with Friends*™, a free webinar at <http://www.htstherapy.com/webinar-dining-friends-innovative-approach-dining-people-dementia/>.
- Study a course on person-centered dining, available through [National Nursing Home Quality Improvement Campaign](#).

For more information and training...

- About the National Nursing Home Quality Improvement Campaign Person-Centered Care Goal, go to <https://www.nhqualitycampaign.org/goalDetail.aspx?q=PCC#>.
- About person-centered care in Missouri, go to <http://www.momc5.com/>.
- About person-centered care across the country, visit the Pioneer Network's website at <http://www.pioneernetwork.net/Providers/Dining/TransformingDining/>.



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This material was developed by National Nursing Home Quality Improvement Campaign and is brought to you by Mountain-Pacific Quality Health, the Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Montana, Wyoming, Alaska, Hawaii and the U.S. Pacific Territories of Guam, American Samoa and the Commonwealth of the Northern Mariana Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contents presented do not necessarily reflect CMS policy. 11SOW-MPQHF-AS-C2-17-172