



# Tips for Supporting Nutrition and Hydration

Proper nutrition and hydration are essential for people with dementia, supporting brain function, health, and quality of life.

- 1. Create a Calm Mealtime Environment:** Serve meals in a quiet, well-lit space with minimal distractions. Keep table settings simple and uncluttered.
- 2. Encourage Participation and Independence:** Allow the person to help with setting the table or choosing meals and provide gentle assistance as needed.
- 3. Offer Nutritious, Appealing Foods:** Provide a balanced diet with fruits, vegetables, whole grains, and lean proteins. If appetite is low, offer small, frequent meals and high-calorie snacks.
- 4. Monitor Swallowing and Food Texture:** Watch for signs of difficulty swallowing (e.g., coughing, pocketing food in the cheeks of the mouth).
- 5. Promote Regular Hydration:** Offer drinks frequently – even if the person doesn't ask.
- 6. Screen for Malnutrition and Dehydration:** Monitor weight, appetite, and energy levels regularly and involve healthcare professionals in routine screenings.

# LONG TERM CARE COMMUNITY COALITION

*Advancing Quality, Dignity & Justice*

This Dementia Care Card is part of a toolkit of resources to help improve care for individuals living with dementia. For more detailed information on this topic and other useful resources, visit [www.nursinghome411.org/dementia-care-in-the-community](http://www.nursinghome411.org/dementia-care-in-the-community).

**Visit [www.NursingHome411.org](http://www.NursingHome411.org) for...**

- Dementia care resources,
- Fact sheets on nursing home resident rights,
- Information on nursing home staffing & quality,
- Assisted living guides,
- Family empowerment resources,
- Educational webinars,
- And much more!

**All resources are free to  
use and share.**

