

Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Our privacy notice is available at medwaycommunityhealthcare.nhs.uk/privacy/
If you would like to view or request a copy of your patient record, please contact us at medch.dataprotection@nhs.net or on 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting: medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/

Ref: MCH 626

Who to contact

Nutrition and dietetics

t: 0300 123 3444

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medway.dietitians@nhs.net

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator

Medway Community Healthcare
MCH House, Bailey Drive, Gillingham, Kent,
ME8 0PZ

t: 01634 334650

medwaycustomer@nhs.net

All contact will be treated confidentially

This information can be made available in other formats and languages. Please contact: medch.communications@nhs.net



Dementia and nutrition



Medway Community Healthcare CIC providing services on behalf of the NHS
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Registered in England and Wales, Company number: 07275637



Many people with dementia may experience problems with eating and drinking and it can be upsetting to see someone we care about reduce their intake of food and lose weight.

Top tips:

- Create a relaxed and social mealtime routine, with limited distractions.
- Remove items from the table such as vases and books, that could be distracting at mealtimes
- Consider favourite foods and a variety of fluids and offer regularly
- Avoid using plates and table cloths with patterns
- Serve foods on small plates
- Offer finger foods regularly, especially if the person leaves the table and walks around a lot a mealtimes (see finger food section for more information).
- Encourage the person to go to the toilet before meals if needed
- Make sure that glasses, dentures or hearing aids are worn during the meal, if needed.
- Specially adapted utensils including cutlery, non-slip mats, high sided plates or guards, and two handed or spouted cups are available from occupational therapy for people struggling to use standard types. These can promote a person's independence for longer.
- Use contrasting coloured plates: red, yellow or blue which are recognized more easily by people as their dementia progresses.

What if the person prefers sweet foods?

- Try naturally sweet foods such as sweet corn, sweet potato, grilled red onion, peppers or parsnips and carrots with a coating of honey.
- Sauces are a great way of adding flavours, for example, sweet and sour chicken. Cranberry sauce, chutneys or pickles can be used in sandwich fillings or on the side as a dip, for example, with chicken curry.

- Fruit can be added to savoury foods, for example, pineapple on ham and cheese pizza, grapes with cheese, sliced banana in curry's, mint sauce with lamb or apple sauce and pork.

What if the person prefers savoury foods?

- Try adding extra flavours to dishes such as curry powder, spices, herbs, pepper, lemon juice, garlic, soy sauce. Avoid adding lots of salt to foods as this can be lead to high blood pressure especially for people with vascular dementia.
- Other sauces such as pickles, garlic mayonnaise, garlic butter, pepper sauce, vinegar, tomato ketchup and mustard.



What if the person is overeating?

- Meal portions can be reduced or original meal can be divided into two smaller portions and 2nd portion kept for later. Soup as a starter may help to fill the person up. Give large portions of salads or vegetables on the plate, which are lower in calories.
- Aim for leaner meats, for example, chicken turkey, fish. Cut all visible fats off meat and remove the skin. Avoid processed meats such as sausages, bacon and black/white pudding. Offer other healthy protein foods such as eggs, beans and lentils.
- Sugar free options: If sweet foods are preferred over savoury, try replacing sugar with a low calorie sweetener. Sugar free mints, gum or sugar free boiled sweets can replace regular sweets.
- Sauces: Avoid high fat sauces such as mayonnaise, creamy sauces, coconut based sauces or peanut butter. Choose lower fat options such as low fat dressings, ketchup, or tomato-based sauces instead. Switch from butter to low fat spreads, for example, olive, sunflower, or rapeseed spreads.
- Desserts: Keep desserts only as a special treat, for example, birthdays. Celebrations or on Sundays. Avoid high fat pastries, Madeira cakes, cream, ice cream and buttered icings. Choose sugar free jelly, low fat yoghurt, fruit salad or sugar free ice-lollies instead.
- Drinks: Offer water, tea, sugar free squashes or sugar free fizzy drinks in place of sugary fizzy drinks. If a meal has already been eaten and the person is still looking for more food, offer a drink instead.
- Snacks: Healthier snacks include a piece of fruit, yoghurt, crackers with cottage cheese, rice crackers or cup of vegetable soup, instead of chocolate bars, crisps or biscuits.

