

Community Dementia training for Cafes and Restaurants

For many of us, the way food is presented and served, the surroundings and the company in which it is eaten all add to the satisfaction and enjoyment of eating a meal. It is important to make this experience the same for a person living with dementia. Here we list some hints and tips on how you can make the visit as comfortable as possible.



What is Dementia?

Dementia is a syndrome associated with an ongoing decline of brain functioning. Some of the symptoms include: Memory loss, deduction in mental sharpness and quickness, changes to language, speaking, mood and behaviour.



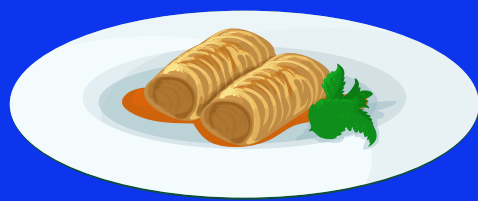
The environment

It's helpful to have a clear entrance into the building with signage. Background noise may cause the customer to become anxious or worried, so it is helpful to try and seat them in a quieter part of the room. A part of the room with good lighting or natural daylight will further support a comforting environment.

Things you can do



- Give the person living with dementia your full focus. Talk clearly and allow them plenty time to answer. Try not to jump in but allow them their time to speak.
- Being aware of potential sight problems and confusion. Describe the food and drink you are offering.
- Reducing noises where possible such as TVs or Radios.
- Avoid using patterned crockery, aim for plain and simple to ensure clear contrast between food and non-food items.
- The person living with dementia may struggle handling money or using chip and pin machines, be patient and offer to help them if needed.
- It is important to keep good eye contact and look for signs when they might start to feel uneasy.



Community Areas of Sustainable Care And Dementia Excellence in Europe

CASCADE has developed a cross-border approach to providing better care for the elderly and people living with dementia. The project involves 10 partners from the UK, Belgium, France and the Netherlands and will see the construction of two new facilities for the elderly and for people living with dementia and will create a Centre of Excellence for people living with dementia across the partner regions.

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