

Better mealtimes for people living with dementia

Implementation strategies for a care homes training intervention

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This project will enhance sustainability and cultural sensitivity of an evidence-based mealtime care training intervention

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
❑ Some people living with dementia have difficulties at mealtimes¹ ❑ Nursing home staff provide skilled care but need more support² ❑ An evidence-based training programme has been developed and tested with nursing homes³ ❑ Further work is needed to ensure training is sustainable and culturally appropriate	❑ Focus groups will identify barriers and facilitators to implementation ❑ A working group comprising people from diverse cultural backgrounds will enhance cultural sensitivity of the intervention ❑ Stakeholder workshops will translate qualitative findings into an actionable implementation strategy	Anticipated outcomes for nursing home residents living with dementia include:  increased independence  better quality of life  reduced hospital admissions	This is an important next step in a journey to better mealtimes for people living with dementia in nursing homes. 	¹Abdelhamid, A., Bunn, D., Copley, M., Cowap, V., Dickinson, A., Gray, L., Howe, A., Killelt, A., Lee, J., Li, F., Poland, F., Potter, J., Richardson, K., Smithard, D., Fox, C., & Hooper, L. (2016). Effectiveness of interventions to directly support food and drink intake in people with dementia: Systematic review and meta-analysis. <i>BMC Geriatrics</i>, 16(1). ²Fetherstonhaugh, D., Haesler, E., & Bauer, M. (2019). Promoting mealtime function in people with dementia: A systematic review of studies undertaken in residential aged care. <i>International Journal of Nursing Studies</i>, 96, 99-118. ³Faraday, J., Abley, C., Crook, D., Exley, C., Patterson, J., & Moynihan, P. (2025). Co-Development of a Mealtime Care Training Programme to Support People Living with Dementia in Care Homes. <i>Journal of Long-Term Care</i>.
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