

# DYSPHAGIA & TRAINING

THE BENEFITS  
OF  
SUPPORTING  
EXPANDED  
TRAINING  
FOR  
CATERING

# NIAMH CONDON

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- Head Chef in Fairfield Nursing Home, Drimoleague, Co.Cork
- Specialise in Dementia Care
- Level I in the David Sheard Butterfly Programme
- Hospitality background

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# WHAT DO WE WANT TO ACHIEVE???



Dining with Dignity (Presentation  
& Taste)



Increase nutrients consumed in  
textured foods



Better understanding of the  
struggles that our residents face  
in the dining room



# TASTE??????

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- What is it?







## WHAT HAPPENS WHEN THIS IS YOUR CHOICE???

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- Would you eat it?
- Would you refuse?
- Do you recognize it?







# WOULD YOU EAT THESE?

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Yes.....



# COST €€€€€

Support from  
Management

Time  
Management

Up to 16% food  
savings



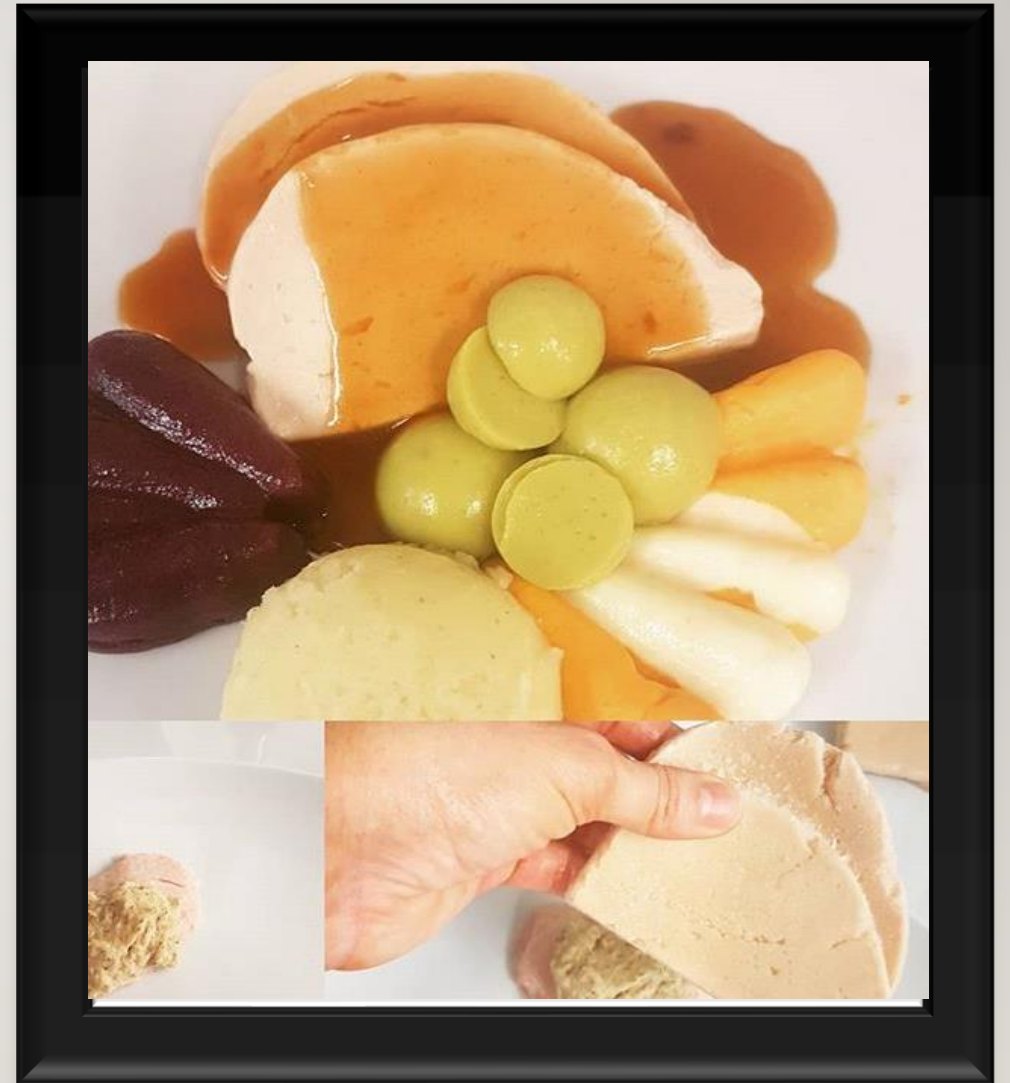
Does it cost more?



# DID YOU KNOW??

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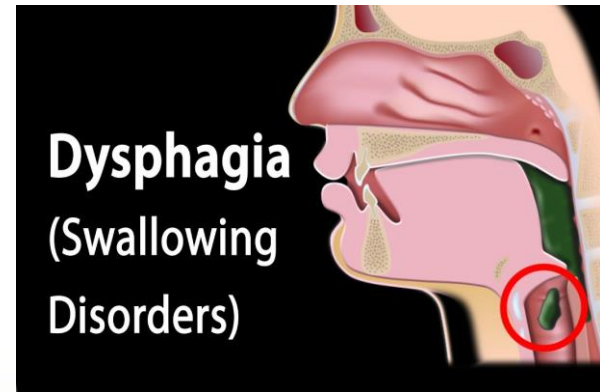
- Serving pureed food in shapes that resemble their original form has shown to:
- Increase Resident Satisfaction & Nutritional Intake
- Decreases Food Waste from the Plates



# DYSPHAGIA CHALLENGE

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- Are we ready for IDDSI?
- Eating & Drinking a highly modified diet for 3 days
- Should everyone have this experience to care for people with dysphagia?
- What did I learn?





# NUTRITION & MENU PLANNING

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- Specific Flavours
- Cognitive Function
- Portion Size
- Ease of Eating
- Familiarity

**FRAGILE**  
**HANDLE WITH CARE**

## WHAT DO WE BENEFIT FROM EXPANDED TRAINING?

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- Good Nutrition ➡ reduces health care costs
- Increase in mood
- Less UTI's
- Less Medication
- Increased communication between all staff in the home



Waste less  
Save more





“Our *Residents* do  
not live in our *Workplace*  
We work in their *Home...*”

