Resident Dining in the Long-Term Care Setting Educational Handout
About Dignity

• *What is dignity?*
  … an innate quality of being human;
  a person’s self-esteem

• *Long-term care residents have dignity;*
  … they need and deserve our respect

• *How is dignity expressed?*
  … by our attitude and communication
  with residents

• *Your home’s dining program can enhance resident dignity…*
  dining environment
  staff-resident interaction
  meal preferences
  appropriate assistance
  attention to frailty

• *What is the culture change movement?*
  … an ongoing transformation toward
  person-centered long-term care

• *Staff and residents work and plan together to achieve this transformed culture.*
Examples of Dignity in Dining

Your dining program provides opportunities for enriching the lives of residents. Examples of specific dining practice suggestions follow:

COMMUNICATION
- Listen to preferences
- Respond to needs
- Assist with respect
- Take your time
- Know your residents

ENVIRONMENT
- Homelike setting
- Familiar surroundings
- Safe and comfortable
- Attractive table decor
- Access to outdoors
- Food smells & looks good

CHOICE
- Favorite foods
- Preferred mealtimes
- Appropriate assistance
- Familiar activities
- Buffet service
- Salad bar

TEAMWORK
- Plan together
- Invite residents to help
- Consistent assignment
- Observe what works well
- “Learning Circle”
- Everyone helps at meals
Don’t Forget…
Some Residents have Special Needs

(Don’t let Dignity be Overlooked)

• Residents who are forgetful
• Those who are physically frail
• Those who need careful mealtime assistance
• Those who need frequent encouragement
• Residents with dementia
• Residents who have no visitors
• Those who are new to your home
• Residents who are recovering from illness
• When the primary language is not English
• When socialization is a challenge