What We Heard

- Staff do not have enough:
  - Training resources for dementia care.
  - Training on mealtime interventions.
  - Training on different stages of dementia.
  - Variety and availability of training related to dementia.
  - Reinforcement of training.

The project, Evaluation of Staff Training Needs Related to Feeding Adults with Dementia, was completed as a senior honors project to identify gaps in staff training or the availability of training resources for staff caring for adults with dementia.

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Training Needs & Interventions

This brochure was created to highlight the training needs that were pointed out in the care of adults with dementia with the use of focus group interviews. Ensuring that the best training is available to staff is important in making sure that our loved ones are cared for with the best quality.
What You Can Do About It

Try out new interventions available for feeding adults with dementia. You may think about using some of these strategies:

- Ask the resident to take another bite and provide easy foods for them to eat.
- Make the meal time environment feel like a home cooked meal.
- Form a friendship with the resident or ask them about their lives.
- Help the resident eat and offer the resident snacks between meal times.
- Hand-over-hand technique during meals.
- Hand-under-hand technique during meals.
- Find foods they enjoy or ask family what foods they like and dislike.
- Encourage the resident with positive statements and praise them when they eat well.

How You Can Do It

Here are some ideas for how to use those suggestions:

- Hand-over-hand technique means the resident holds the utensil or food item and the caregiver holds the resident’s hand and helps move it to the resident’s mouth.
- Hand-under-hand technique means the resident holds onto the caregiver’s hand as the caregiver holds the utensil or food item and brings it to the resident’s mouth.
- Make a list of the foods the resident says they like or seems to enjoy eating. Contact family or friends and ask what foods they like or dislike. Keep this list available in the resident’s file or in their room so that others can use it.
- Ask the resident questions about their lives during meals like what their job was, how many kids they have, where they went to school, or how many siblings they had.

Other Resources

- Skills based on progression of the disease and other information can easily be found here:
  - https://www.alz.org/care/overview.asp
- Training and care resources can also be accessed here:
- Online courses, conferences, and other articles and training resources are available at:
  - http://www.asaging.org/education
- Teepa Snow training modules can be accessed here:
  - http://teepasnow.com/events/
- Video tool with more information about what dementia is can be found here:
  - http://search.alexanderstreet.com.proxy.lib.uiowa.edu/view/work/bibliographic_entity%7Cvideo_work%7C1779209
- A book for caregivers of adults with dementia can be purchased here:
- Video for hand-over-hand technique
  - https://www.youtube.com/watch?v=N_YzH_B7XfY&feature=youtu.be

Dear Caregiver,

You are Amazing.

And we thank you.

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