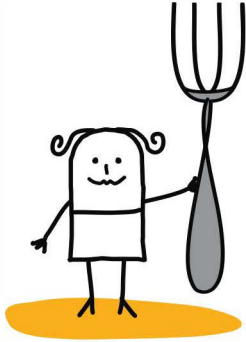


Eating & Drinking



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- forget that they have eaten
- forget to ask for water or food
- get confused if there are too many choices
- forget how to use forks, spoons, knives
- get confused if there is too much noise

In the later stages of the disease they may:

- feel like they are choking
- become messy
- lose interest in eating

Some people living with Alzheimer's or other dementias have problems with eating and drinking. This may cause illness or weakness, and it can make confusion worse.

WHAT CAN YOU DO?

KEEP IT SIMPLE

- do things the same way at every meal
- serve meals in a familiar, quiet place
- eat with them so that they see you eat too
- make the plate a different color than the table
- use solid colors – not patterns
- don't offer too many food choices

SUPPORT THEM

- make meals peaceful and slow
- don't worry about spills and messes – they happen!
- use no-spill cups or straws

MAKE EATING EASY

- feed them when they are sitting up
- try serving 5-6 small meals
- try foods they can pick up with their fingers
- don't use very hot or very cold foods

SPEAK WITH A DOCTOR IF:

- they suddenly become more confused
- they choke often
- they keep losing weight



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