

# THE JOURNEY OF NUTRITION DECLINE INITIATIVE

The initiative was developed to support conversations with residents and their families when there are concerns with residents not eating or eating less



We expect residents will eat less or stop eating as their condition progresses

These natural changes can be stressful and be a cause for concern

A team approach is the best way to support residents and family



## THE JOURNEY OF NUTRITION DECLINE RESOURCES

### Health Care Professional Resources

The purpose of these two resources is to provide the health care team evidence based information that support meaningful conversations with residents and families about nutrition decline.

1. Changes in Food Intake and Nutrition in Older Adults

2. Feeding and Swallowing Concerns

### Conversation in LTC Resources

These resources are intended for residents and family supports but should not be given without discussion

1. Meals in Long Term Care Home

Provides messaging on the expected change in nutrition

2. Difficulties with meals for people with Dementia

Talks about the stages of change in intake for those living with Dementia

3. When a Person Has Trouble Eating and Swallowing

May be used whenever there are difficulties with intake

4. Nourishing the Whole Person

To identify non-food related ways of being "nourishing" and providing care

5. Nutrition and Swallowing at End of Life

To increase understanding on the anticipated changes that occur as a resident approaches end of life

