

TIPS TO MAKE MEALTIMES EASIER

for People with Alzheimer's

Meals can be a **challenging time** for people with Alzheimer's and their caregivers.

Maintaining **familiar routines** and serving **favorite foods** can help the person know what to expect and feel more relaxed.



HERE ARE SOME TIPS TO HELP MEALTIME GO SMOOTHLY:

Make the eating area quiet. Turn off the TV and radio.



Offer just one food at a time instead of filling the plate or table with too many options.



Don't rush. Be patient and give the person enough time to finish the meal.





A meal is a good opportunity for social interaction. You can set the mood with a warm and happy tone of voice.

Cut food into small pieces and make it soft enough to eat, which will help with chewing and swallowing.

Visit <https://www.nia.nih.gov/health/healthy-eating-and-alzheimers-disease> for more information about healthy eating for a person with Alzheimer's disease.

