

Diet and nutrition in the care of people with dementia

This one-day course **aims** to help those working in the care sector to understand the effects of malnutrition on the health and well being of service users. It has been designed to provide information which will enable staff to plan healthy meals and support people with dementia to overcome the difficulties they may experience at mealtimes.

Learning outcomes

- Describe the effects of malnutrition.
- Identify the elements of a healthy diet and plan healthy meals.
- Explain the obstacles to healthy eating for people with dementia.
- Develop strategies to deal with stress related behaviours at mealtimes.

This course can be redesigned and tailored to meet your specific requirements.

To request further information or to discuss your requirements please [contact sylvia@beechestraining.co.uk](mailto:sylvia@beechestraining.co.uk)