

The logo for INTenSE, featuring the text "INTenSE" in a sans-serif font. The "en" is in a light blue color, while "INT" and "SE" are in black. The text is enclosed within a stylized blue and purple oval shape that resembles a lens or a pair of eyes.

INTenSE

Dementia Simulation Toolkit

Scenario: Mealtime - Foods

socialIT
software & consulting



MARTIN-LUTHER-UNIVERSITÄT
HALLE-WITTENBERG



Maastricht University

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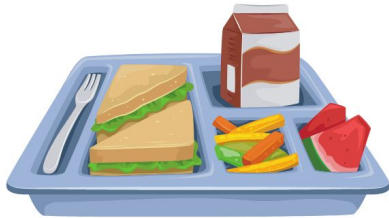
Changes to appetite and food intake

People with dementia may experience changes to their food preferences and food intake due to:

- An increase in sensory thresholds (smell and taste)
- Physiological changes e.g. swallowing difficulties (dysphagia).
- Changes in circadian rhythms with a shift toward eating earlier
- Comorbid psychological conditions (e.g. depression, anxiety)



Reduced visual function can also impact people with dementia ability to see food on their plate. This may impact a person's food intake.



Simulation Activity: Mealtimes - Food



Blended food



Simulation Glasses

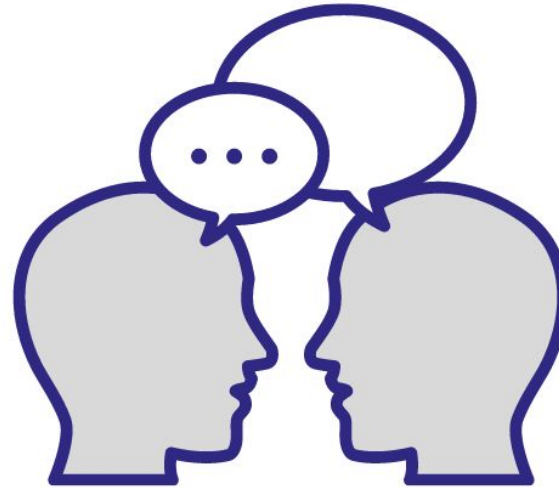


**Assistive
Feeding Techniques**



15 mins

Group reflection



How was your self- experience
of dementia?

Group reflection

How would you approach a situation where a person with dementia needs support to eat meals?





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