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The language of food

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Food is a language that can unlock memories for a person living with dementia. This presentation will present how the language of food transcends race, sex, age, class and yes even dementia. For this reason, food is one of the three pillars of “NoosaCare’s Dementia Living” module of care. In most residential care facilities, the focus is on meeting nutritional needs, being cost effective, but what if we moved beyond these boundaries and we looked at the passion food can evoke in people? Our people, our residents? Although we all do it in different ways, the one thing every culture in the world does is prepare food and eat it. In our memory support unit, we have planted verdant edible gardens that the residents tend to, harvest and then they use in the preparation of their meals. We also identified that the language of food needs to give dignity to the person living with dementia, so we have replaced the baby like term of pureed food with a sexier smooth food and the finger food menu has been replaced with a tapas menu to give back dignity to our residents who prefer to dine on the run.

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