

**Aids for eating and drinking: Some Ideas but we would appreciate if you could share what you are using in your service that may be a different design or you feel offers the person using the service a better experience**

<b>Dining Experience</b>		
<p><b>Rationale: To make everything as visible as possible to a person with dementia who may lose the ability to perceive colour or contrast between objects.</b></p> <p><b>Good contrast between crockery and food. Coloured crockery helps define edge of plates and dishes. Encourage eating and drinking</b></p>		
<b>Item Description</b>	<b>Item Specification</b>	<b>Examples but there are many more</b>
<b>Two handled mug</b>	Reduced transmission of heat through cup, ergonomically designed handles, dishwasher safe, high durability, high contrast colour <b>(not white)</b>	
<b>Single handle mug</b>	Reduced transmission of heat through cup, ergonomically designed handles, dishwasher safe, high durability, high contrast colour <b>(not white)</b>	
<b>Two handled cup with pierced spout</b>	Reduced transmission of heat through cup. Controlled flow, dishwasher safe, high contrast integral colour <b>(not white)</b>	
<b>Side Plate</b>	High contrast colour <b>(not white)</b> , dishwasher safe, high durability	
<b>Dining Plate</b>	High contrast colour <b>(not white)</b> , dishwasher safe, high durability	

<b>Soup/cereal bowl</b>	High contrast colour ( <b>not white</b> ), dishwasher safe, high durability	
<b>Cutlery- Knife, Fork, Spoon</b>	High contrast colour handles, easy to hold, dishwasher safe	There are too many examples that cover left handed and right handed people's needs.
<b>Plate guards</b>	There are a range of plate guards available – look for high contrast colour, durable, dishwasher safe	
<b>Food trays</b>		Many trays are available and the type purchased will depend on what the person's needs are
<b>Condiments</b>	High contrast colour, durable, dishwasher safe	
<b>Tea pot</b>	High contrast colour, durable, dishwasher safe	
<b>Keep warm plate -</b> Insulated bowls and plates are useful for those who eat very slowly and whose meal would otherwise cool down before they were finished	This is an example but again would appreciate if there is more 'normal' aesthetically pleasing versions out there please can you share	

There are many companies that supply adapted cutlery and equipment. It is important that you get the right equipment that will support people living in accessing care services to eat and drink independently in a dignified way.