

Support individuals to
eat and drink



1. 3 Describe ways to resolve any difficulties or dilemmas about the choice of food and drink. Giving them two or more choices and let them decide what they like, giving more details about the food will help them to choose. Explain to individuals about the importance of a healthy diet and encourage and support them to choose healthy options and alternatives. Explain to individuals about the consequences of a poor diet choice. For example, obesity can lead to heart disease, varicose veins, diabetes and arthritis. High cholesterol and diets high in salt can lead to heart attacks and strokes.

1. 4 Describe how and when to seek additional guidance about and individual's choice of food and drink. When people are reluctant, or refuse to eat certain types of food which have been noted in their care plan as a requirement for their condition. For example when an individual need to have a diabetic diet, a weight-reduction diet or gluten-free diet, if someone having swallowing difficulties, in such situations if someone is determined to ignore medical advice and to follow a different diet, this should be reported. If the person has full mental capacity to understand the consequence and still ignore medical advice, it's their choice and they have right to follow what they prefers For children, people who are very confused and severely demented, they don't have the full mental capacity to choose right diet for them and it should be discussed with line manager etc to decide what best for the individual's best interest.

2. 1 Identify the level and type of support an individual requires when eating and drinking. watching the individual and assessing how they are coping at meal times (you can see they need you to hold up their cup to drink for example). It can also mean reading the person's care plan to see if their are

any special needs with regards to eating/drinking , talking to other staff and also talking to the person's relatives for information (especially if the person is new to you).

3. 1 Describe factors that help promote an individual's dignity, comfort and enjoyment while eating and drinking. Assess their needs. Provide a calm environment in a separate dining area if possible. Maintain their dignity, provide them with any necessary aids to eating and drinking for example in the case of an individual with an arthritic condition provide cutlery with large handles. Ensure there is a drink available and that their diet is adequate for their needs. Allow them to state their preference for certain food and ensure they receive the correct food. If they wear dentures check they are being worn. Give them psychological support and encourage them. Assist with feeding them if required.

4. 1 Explain why it is important to be sure that an individual has chosen to finish eating and drinking before clearing away. So the service users food and drink intake can be monitored for any abnormalities to their normal diet. So to maintain the service user dignity and promote their personal choices and self esteem.

5. 1 Explain the importance of monitoring the food and drink an individual consumes and any difficulties they encounter. Food and drink intake monitoring is important as its one way to see if someone is feeling unwell (for example if someone usually has a healthy appetite and they suddenly start to eat much less its a sign they could be unwell). Monitoring difficulties is important as it can help carers to see if the person has deteriorated in

health etc (for example if someone has trouble using cutlery when they didn't use too it could show a deterioration in their condition).