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Memory Care Furniture for Mealtimes

Creating an enjoyable mealtime routine for persons living with Alzheimer's

Caring for someone living with Alzheimer's is a daunting challenge for professional care partners as the one in need of care can become agitated for a number of reasons. Care partners are encouraged to **develop a relationship bond** with the person and are cautioned **not to surprise** the person or to **approach them from behind**.

The Challenge

Mealtimes present a unique challenge, as persons living with Alzheimer's often have difficulty following verbal instructions. In the process of being seated, they can become disoriented, confused, or balk at assistance being offered.

As for getting the person up to the table, a care partner often is met with resistance, as the task of moving a seated person **surprises the person** as any assistance provided is performed by **approaching the person from behind**. This physical interaction eliminates any opportunity to develop a relationship bond with the person being seated, as the care partner's singular focus is to exert whatever force is necessary to get the seated person positioned at the table.

A Better Way (click here to learn more)

Chairs that **swivel and lock** eliminate the physical effort required when assisting a person in getting seated at the table. When the seat of the chair is turned 90 degrees away from the table, it is fully accessible by the person, eliminating interference from the dining table. Once they are seated, the care partner simply leans forward and releases the lock to swivel the person toward the table.

To further enhance the mealtime experience, chairs should be upholstered in solid-colored vinyl, which provide a noticeable contrast to other furniture making the seat easier to be seen by the person in need of assistance. Together, these design features create a clearer pathway toward the chair.

Chairs with the added feature of being able to **roll and brake** provide increased flexibility as the chair can be moved further away from the table. The seated person can now be **moved** up to or away from the table with minimal effort. Once the person has been seated and the seat swiveled back toward the table, the care partner can effortlessly glide the seated person into position.

Dining chairs that **swivel, turn, roll, and brake for safety** enhance the care partner's ability to develop a relationship with the seated person by:

- Providing them with a greater sense of dignity and self-worth
- Eliminating the need for care partners to push-pull-shove-twist when offering mealtime assistance
- Reducing mealtime stress and anxiety for both the seated person and the care partner
- Creating a more enjoyable mealtime routine



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