

Better mealtimes for people living with dementia in care homes: A feasibility study

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Introduction

- ❑ Some people living with dementia have difficulties at mealtimes¹
- ❑ There is a shortage of high-quality dementia care training focusing on mealtimes²
- ❑ This study tested the feasibility and acceptability of an evidence-based training programme promoting better mealtime care for people living with dementia³

Methods

1. Before-and-after design using multiple methods of data collection and analysis; qualitative arm reported here
2. Training was delivered in three care homes in the UK, different in context, size and ownership
3. Focus groups elicited experiences of the training and suggestions for improvement
4. Data were analysed using reflexive thematic analysis⁴
5. Generated themes have informed some suggested modifications to the training

Results

Need a mix of experience in the room



More dementia-specific content



Make the most of group discussions



Scenarios should be nuanced and complex



One-day delivery is easiest



Facilitator experience and skill outweighs profession



Conclusion

This study has reduced uncertainty about the training programme's acceptability, so that it is more likely to become embedded in practice. At the same time, an animation was made with experts by experience to share key messages from the training.

This is the animation we made with experts by experience



And this is the story of how we made the animation



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