

## WAYS TO HELP THE CONSERVATEE EAT WELL

- √ Ask the conservatee which foods he or she likes.
- √ Ask the conservatee or his or her doctor about food allergies or sensitivities to certain foods
- √ Learn about the conservatee's special eating problems. For instance, people with aching teeth or tender gums cannot chew hard food. People with stomach problems may feel ill after eating a large meal or hard-to-digest foods.
- √ Be sure the conservatee has enough fresh food on hand that he or she likes and can prepare and eat easily.
- √ Check the refrigerator regularly and remove old, spoiled, or stale foods.
- √ Arrange for somebody—you or a friend or neighbor—to be with the conservatee for at least one meal a day. Loneliness at meal times can hurt the appetite.
- √ Provide transportation to a senior nutrition site where meals are served.
- √ Arrange for Meals on Wheels or a similar program to deliver one meal a day. Find out whether the conservatee eats most of this meal.
- √ Provide nutritious snacks. Some people do better with smaller, more frequent eating. Include soft fruits or juices and whole-grain cereals.
- √ If there is an aide in the conservatee's home, ask that person to write down what and how much the conservatee eats and drinks.
- √ Visit the conservatee at meal times to see what is being offered and how it is served.
- √ Ask the facility administrator for a meal so that you can eat with the conservatee.
- √ Review the conservatee's medical chart to see how much and what types of food the conservatee is eating. This is very important if the conservatee has special dietary needs or cannot feed himself or herself.
- √ See whether a record is being kept of the conservatee's weight gain or loss.
- √ Ask about dietary supplements if you think the conservatee is eating poorly.
- √ Liquid supplements can be helpful.
- √ Take along the conservatee's favorite foods and beverages when you visit.
- √ Take the conservatee out for meals and picnics.
- √ Put a small refrigerator in the conservatee's room, if it is allowed, and keep it stocked.
- √ Think about the conservatee's culture when you provide food. Does the conservatee want kosher, Chinese, or vegetarian dishes?