

Respecting Resident's Rights to Make Choices in Food and Dining



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Instructions

Slides for the Inservice:

- The slides can be shown on computer or projected on a screen using a data projector.
- You can show the slides directly from the Acrobat file by simply clicking on the icon that looks like a computer screen. Or you can go to the tool bar and click on "View" and "Full Screen" to show the slides on your screen.
- Then click the down arrow button or the page down button on your keyboard.

Presenter's Notes for the Inservice:

- Review the presenter's notes prior to presenting the slides.
- The presenter's notes offer additional information not included on the slides, suggestions for how to present some of the information, and activities you may want to incorporate.

Handouts for the Inservice:

- Simply copy the handouts and the pre/post tests for participants.
- Do not provide the answer key for the pre/post tests.
- You can choose to give the test before and after the training, or just after the training to determine the effectiveness of your inservice and whether or not additional training is needed.



Objectives

1. Learn how to honor residents' rights to make choices related to food and diet
2. Learn what to do to comply with federal regulations regarding food and nutrition services
3. Learn how you can offer residents choices at meal times



Goals of Dining Services

1. Provide an outstanding dining experience to residents
2. Provide nutritionally-balanced meals
3. Encourage individual choice
4. Assure compliance with regulations

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Meals are one of the most important events of the day for many of our residents. They provide more than just nourishment, they are a time to socialize, relax, and exercise choices.

As a facility we need to be sure that we:

1. Provide an outstanding dining experience for our residents/customers.
2. Provide nutritionally-balanced meals.
3. Encourage individual choice.
4. Assure compliance with state and federal regulations.

Federal regulations require us to provide our residents with choices in how they spend their time, whether or not they accept recommended treatment, and what, where, and when they eat. A resident has the right to refuse a therapeutic or texture-modified diet and/or specific foods that they don't like.

As a facility, we need to recognize the rights of residents to make those choices. We also need to show that we have implemented a system to educate residents about the risks and benefits of their choices, and we have then given them the right to choose how they will live their lives.

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Dining Staff Should

- Provide excellent service
- Serve attractive, palatable meals at the appropriate temperature
- Serve meals on time
- Honor diet preferences, portion sizes, and condiment requests
- Assure appropriate dishes and flatware are available
- Offer water with meals
- Serve other food options quickly when requested

Individual Choice

Residents have the right to choose:

- Who they eat with
- What they eat
- When they eat
- Where they eat
- How they dine

Resident's Rights

- By federal regulation, each resident has the right to "a dignified existence, self-determination, and communication with and access to persons and services inside and outside the facility."
- Choice in dining is part of a dignified existence and self-determination.