Unit 4222-366 Understand and meet the nutritional requirements of individuals with dementia (DEM 302)

Level: **3**
Credit value: **3**
UAN: **T/601/9187**

Unit aim

This unit is about understanding that individuals may have specific nutritional needs because of their experience of dementia. Learners will develop their knowledge and skills in meeting these nutritional requirements and be able to provide evidence of their competence to enable individuals with dementia to eat and drink well.

Learning outcomes

There are **three** learning outcomes to this unit. The learner will:

1. Understand the nutritional needs that are unique to individuals with dementia
2. Understand the effect that mealtime environments can have on an individual with dementia
3. Be able to support an individual with dementia to enjoy good nutrition

Guided learning hours

It is recommended that **26** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards

This unit is linked to HSC 213, HSC 214, HSC 21, 31, 41, 24, 35, 45.

Support of the unit by a sector or other appropriate body

This unit is endorsed by Skills for Care and Development.

Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment Principles.

Learning outcome 3 needs to be assessed in the workplace environment.

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Assessment Criteria

Outcome 1 Understand the nutritional needs that are unique to individuals with dementia

The learner can:

1. describe how cognitive, functional and emotional changes associated with dementia can affect eating, drinking and nutrition
2. explain how poor nutrition can contribute to an individual's experience of dementia.
3. outline how other health and emotional conditions may affect the nutritional needs of an **individual** with dementia
4. explain the importance of recognising and meeting an individual's personal and cultural preferences for food and drink
5. explain why it is important to include a variety of food and drink in the diet of an individual with dementia

Outcome 2 Understand the effect that mealtime environments can have on an individual with dementia

The learner can:

1. describe how mealtime cultures and environments can be a barrier to meeting the nutritional needs of an individual with dementia
2. describe how mealtime environments and food presentation can be designed to help an individual to eat and drink
3. describe how a **person centred approach** can support an individual, with dementia at different levels of ability, to eat and drink

Outcome 3 Be able to support an individual with dementia to enjoy good nutrition

The learner can:

1. demonstrate how the knowledge of life history of an individual with dementia has been used to provide a diet that meets his/her preferences
2. demonstrate how **meal times** for an individual with dementia are planned to support his/her ability to eat and drink
3. demonstrate how the specific eating and drinking abilities and needs of an individual with dementia have been addressed
4. demonstrate how a person centred approach to meeting nutritional requirements has improved the **well-being** of an individual with dementia

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Additional guidance

- An **individual** is someone requiring care or support
- **Person-centred approach**: This is a way of working which aims to put the person at the centre of the care situation taking into account their individuality, wishes and preferences
- **Meal times** may include:
  - Meal planning
  - Food shopping
  - Food preparation
  - Pre- and post-meal activities
  - Dining
  - Snacking
- **Well-being** may include:
  - Appropriate weight gain/loss
  - Improved sleep patterns
  - Reduced confusion
  - Improved physical health
  - Improved emotional state
  - Reduced infections
  - Reduced constipation