

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips for Dining with Dementia

Dementia can make the dining experience hard for seniors, who can be easily overwhelmed by too many choices or experienced limited social interaction during meals. By being patient and mindful of how dementia affects people and appetite, it becomes easier to make dining a relaxing and fun time for seniors.

Impressions Memory Care provides a great dining experience for its residents. With a beautiful dining room, plated chef-prepared food and an encouraging social atmosphere, Impressions dining is a perfect environment for seniors with dementia to eat and socialize.

Dining for Those with Dementia:

- **Have a simple, quiet and non-distracting place to eat meals.** Too much noise and clutter can disrupt a person's appetite and discourage them from eating.
- **Easy choices.** Too many food options could be overwhelming, but by presenting a small number of choices, the person with dementia feels the independence to choose what he or she wants.
- **Serve softer foods.** Tougher foods can be frustrating and dangerous for those who have trouble chewing. Softer foods make eating easier and more enjoyable. Don't make the immediate jump to pureed food without trying softer foods first.
- **Eat with them.** Eating alone may be disheartening and unstimulating. By eating with someone who has dementia, not only are they seeing someone else eat, but this is a great opportunity for social interaction.

Impressions Memory Care at Bryn Mawr:

Impressions Memory Care is dedicated to providing residents with a warm, welcoming home staffed with kind, compassionate people who are always ready to give the best care possible. Dining at Impressions is a comfortable and thoughtful experience and will certainly meet the needs of those with dementia. Impressions has:

- **A beautiful dining room.** Residents can feel comfortable and relaxed here when they come in for meals. The quiet and friendly feel of the dining room provides a nice setting to eat and socialize.
- **Healthy and delicious meals served three times a day.** With plenty of nutritious options cooked to perfection, residents will love their chef-prepared food. They have the choice of two plated meals and can pick whichever they like best.
- **Social atmosphere.** Social interaction and conversation are highly encouraged at mealtimes. Residents, caregivers and staff are all welcome to be as social as they are comfortable with to make the experience even better for those with dementia. This might even give them something to look forward to, as the meals are served three times a day.

Even though dining with dementia has its difficulties, there are techniques to make it easier. Impressions provides a fantastic dining experience with delicious food and a friendly place for residents can eat and socialize comfortably with others.

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Loved ones with Alzheimer's disease or other memory impairments require specialized care and support. They also deserve a lifestyle rich in dignity and fulfillment. Impressions Memory Care at Bryn Mawr provides residents with *Engaging Days* and *Meaningful Moments* that emphasize individual abilities, encourage [socialization](#) and promote the highest level of [independence](#) possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again.

For more information, please call Sharon at (484) 380-5404 or [contact us online](#).

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