

# **Improving Dining for People with Dementia**

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## **Abstract**

The physical and social environments are important but often not actualized resources that can have a significant impact on the overall goals of nutritional intake and quality of life for people with dementia. The purpose of this pilot study was to examine the effect of improved lighting and enhanced table setting contrast on residents' meal consumption, social interaction, independence, and behaviors during meals in both assisted living and long term care environments serving people with dementia. A three-day nutritional intake record, footcandle measures, the Meal Assistance Screening Tool, and the Communication Outcome Measure of Functional Independence were administered at baseline and posttest four weeks after the intervention. Twenty-five residents with dementia at two long term care facilities participated in the pilot study. After a lighting and contrast intervention, there were improvements in oral intake, communication, and functional abilities at both facilities.

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