

Mood & Mealtimes



Meals offer opportunities for cognitive stimulation, social connection and personal choice. As an added benefit, social interaction improves nutritional intake and hydration!

Park Place Newport Harbour (Calgary) recognized a better morning start could improve the rest of the day. Based on recommendations from care team members, they:

- Scheduled showers and baths after breakfast to increase staff availability
- Increased efficiency of shift report to 5 minutes
- Supported sleep at night
- Replaced sluggish mechanical lifts to decrease interruptions to care
- Supported residents to sleep in, or come to breakfast in pajamas if they chose
- Focused on staff approach and demeanor during interactions
- Decreased dining room noise
- Deprescribed medications with more harms than benefits

After making these improvements, care teams focused on individual residents still expressing distress. Interventions were added to the care plan to address thirst, staff approach, pain, language barriers, discomfort related to incontinence, etc.

Using a variety of strategies, including CHOICE+ principles, they achieved:

- 16% decrease in Worsening Pain
- 42% reduction in Worsening Depressive Mood
- 67% decrease in reported incidences of violence

Looking for more resources? Check out:

- [CHOICE+](#): relationship-centered practices and the dining environment
- [2021 Canadian Coalition for Seniors Mental Health Depression Guidelines](#)