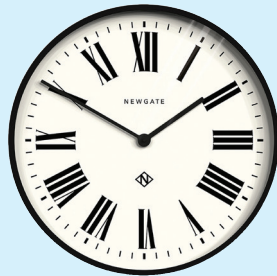


Mealtime Made Simple: 8 Easy Tips for Alzheimer's Care



*Support independence,
reduce frustration,
and bring comfort
to the table with these
tips for easier mealtimes.*



**Stick to Same
Place & Time
for Meals.**



**Serve One
Food at
a Time.**



**Use Plain
Non-Patterned
Plates.**



**Offer
Finger Foods.**



**Limit
Distractions
& Noise.**



**Sit & Eat with Them
to Cue Mealtime
Behavior.**



**Be Patient &
Unhurried.**



**Encourage;
Don't Force.**

Need help at home?

**Home care supports daily routines
like mealtimes with compassion & skill.**

***Call to
learn more!***



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