

Nutrition Therapy Coming in 2018

Eating and enjoying a meal is part of our everyday life and important to everybody, not least to people living with dementia. A healthy diet and nutrition is fundamental to wellbeing at any stage of life and to helping to combat other life-threatening diseases. We believe it plays as important a role in relation to dementia progression, and a resident's quality of life. Undernutrition is common among older people generally, particularly common among people with dementia. Undernutrition tends to be progressive, with weight loss often preceding the onset of dementia and then increasing in pace as the disease progresses. The mechanisms underlying weight loss and undernutrition in dementia are complex, multifactorial, and unique to each person. Common reasons include reduced appetite, increased activity, the need for a modified diet and, decreased nutrient absorption. For some forms of dementia, it may be that central regulation of appetite and metabolism is disturbed as an inherent feature of the disease. Although we can't avoid these symptoms which lead to malnutrition and undernutrition, we can manage them with a variety of Nutrition Therapy Options. Orchard at Tucker's Four Tier Nutrition Therapy Program is designed to help combat under nutrition and bring back the joy of eating to those who have lost it.

