Dysphagia Friendly Cooking Series for Caregivers of People With Dementia-Associated Dysphagia

M Piccini^{1,2}, L Sokoloff^{1,2}, M Freilich¹, D Bonfield³, K Amirhosseini⁴, G Capone⁵

1=Baycrest, 2=University of Toronto, 3=George Brown College, 4=City of Toronto, 5=ELLICSR Kitchen UHN/PMH

Background

- Swallowing problems (dysphagia) are common in people with dementia
- Dysphagia can result in malnutrition, dehydration, pneumonia, choking, hospitalization and/or death
- Modified food/liquid textures are often recommended to make swallowing easier and safer
- Safer to eat foods are often bland, unpalatable and unappetizing
- Caregivers are not properly informed on how to prepare safer foods that are nutritious and appetizing
- Preparation of modified foods can be stressful for caregivers who want to ensure they are providing the best care

About Our Project

The goal of the project was to pilot a series of 4 cooking classes that showcase dysphagia friendly recipes for people with dementia, allowing participants to understand how to prepare modified textures and to sample the foods

Recipes:

- Developed by Baycrest staff and George Brown College students during Interprofessional Education program
- Tested and validated for texture accuracy and nutritional content (funded by the Helderleigh Foundation)
- Textures based on new International Dysphagia Diet Standardisation Initiative (IDDSI)

Methods

Twelve previously validated recipes were filmed at ELLICSR kitchen by a Wellness Chef, a Registered Dietitian and a Speech-Language Pathologist

Participants were recruited to attend four cooking classes
Participants consented and completed initial evaluation forms
The classes were held weekly over 5 weeks (1 week break)
Each class showcased 3 recipe videos

Participants were given:

- A workbook with the recipes
- Information about the IDDSI framework
- Food samples of the recipes
- Tips and techniques

Evaluation and Impact

We measured confidence of participants overall and specific to preparing food & liquid textures.

*Sustained 7 weeks after the last class!

5 themes identified in the Focus Group:

1. General positive response
2. Learned something new / Increased awareness
3. Changed behaviour
4. Knowledge sharing
5. Suggestions on how to improve program

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