



MEAL TIME *Matters*

A training program that builds nursing assistants' skills related to dining, swallowing disorders, and safe feeding assistance.

Author: Jennifer A. Brush, MA, CCC/SLP

Learn to:

- ▶ **Improve safety during meals**
- ▶ **Increase intake during meals**
- ▶ **Reduce dehydration**
- ▶ **Train staff to safely assist residents**

THIS TRAINING PROGRAM INCLUDES:

- CD with a one hour PowerPoint® presentation
- Trainer's Speaking Text for each slide
- Three Interactive Exercises lasting 10-20 minutes each
- 8-minute DVD – Solutions to common meal time challenges
- Participant Handouts
- Mealtime Assistance Checklist
- Learning Assessment (*pre and post-test*)

Topics Covered:

- Normal Swallowing in Older Adults
- Signs of Disordered Swallowing
- Diets and Liquid Consistencies Common in Long Term Care Settings
- Assistive Eating Devices
- Safe Meal Time Guidelines
- Oral Care
- Video Examples of Solutions to Common Meal Time Challenges
- Interactive Exercises

Benefits for nurses, speech-language pathologists, occupational therapists, and dietitians:

- Saves time – no need to develop your own material
- Convenient – can be taught as one 90-minute class or three shorter sessions
- Complete package – includes everything you need
- Proven results – tested in the field





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plus shipping

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