

# What to expect at mealtimes when your relative with dementia is in hospital.

Information for patients,  
carers and families



**On admission, every patient over 65 years old is screened for dementia and delirium to ensure they get the right care.**

**What support is in place to help those patients who struggle to eat on their own?**

Patients with additional needs should have their food served upon red trays, to identify that they require support at mealtimes.

**Help from family and friends and volunteers**

QMC and City hospitals encourage family and friends' participation to support people with additional needs during mealtimes. The hospitals will permit visiting outside of normal hours to facilitate this. The hospitals also train and support mealtime volunteers who help patients with eating as required. A mealtime volunteer can be requested by the ward manager and will be allocated according to need and availability.

**Is there any monitoring of nutrition to ensure patients are getting enough to eat?**

All patients have their nutritional status assessed within 24 hours of admission. This identifies patients who require additional support with eating and drinking. Hospital policy states that patients should be reassessed every 7 days unless their condition changes in which case a nutritional status reassessment is required.

**The 'About Me' form has all the patient's key information. If you have one, share this with staff. If not, consider completing one to share.**

**<https://www.nuh.nhs.uk/carers/>**