



Older People's Commissioner for Wales
Comisiynydd Pobl Hŷn Cymru

Getting the best out of the dining experience in care homes

Regional Seminar
29 March 2016

Lantra, Royal Welsh Show Ground,
Powys, LD2 3WY



In partnership with:

My home life
Cymru

ageCymru

Getting the best out of the dining experience in care homes

In her report 'APlace to Call Home?', the Older People's Commissioner for Wales called for action to be taken in various areas of care home provision, to ensure that residents could enjoy the best quality of life possible for them.

A series of seminars have been arranged in partnership with other national organisations to address the Commissioner's findings and Requirements for Action.

The Older People's Commissioner for Wales is delighted to be working in partnership with My Home Life Cymru in presenting to you the seminar 'Getting the best out of the dining experience in care homes'.

What can I expect from the day?

The seminar will challenge you to explore what does the dining experience in a care home include and are we getting it right for residents?

Food and drink play an important part in all our lives and this is no different for residents in residential care. Resident's health and wellbeing includes the physical aspects of food and drink, but what about their emotional needs in this area? Are they just passive recipients of what we do and provide or do they have a full share in every aspect of this important part of life?

We will showcase good practice and explore opportunities to change and improve the quality of life of the people you support.

You will have the opportunity to reflect, share ideas and learn from your peers to explore what works to enhance the experiences, support and environment of people who live in care homes.

What will the seminar address?

- Gain an understanding of what the dining experience includes.
- An awareness of what matters to residents and relatives in regard to the dining experience.
- Hear of good examples of good practice in this area.
- What do residents and families really want?
- How can we support staff to be the best they can be and recognise the strengths of residents and family members?
- How do we know if we are getting it right?

Throughout the day, you will have the opportunity to identify at least one area of development that you can then focus on when you return to work.

**To book your FREE place email:
review.adolygiad@olderpeoplewales.com**

