



Assisting with Nutrition and Hydration in Long-Term Care

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Soon you will be helping people to meet their eating and drinking needs. You will also play an important part in making mealtime a social and fun experience. *Assisting with Nutrition and Hydration in Long-Term Care* exceeds the new federal guidelines for paid feeding assistants. It also includes tips to make your tasks simpler, safer, and more enjoyable for residents. In addition, you'll find information on:

- The importance of observing and reporting changes in residents
- Encouraging the social aspects of dining
- Promoting residents' right to dignity and independence
- Protecting privacy, including HIPAA
- Communicating with residents and staff
- Handling emergencies
- Understanding which residents you can assist
- Working with residents who have dementia, sensory impairments, or who are recovering from a stroke

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