



Dementia  
Training  
Australia

## Guest Lecture

Montessori Mealtimes:  
A Pathway to Person Centred Care  
for People Living with Dementia



***“One cannot think well, love well, sleep well, if one has not dined well.”***

– Virginia Woolf

### Overview

Mealtimes are a central aspect of daily life. In addition to meeting peoples’ nutritional needs, mealtimes provide an opportunity for social interaction, choice and independence, and are a way to honour an individual’s preferences, culture and identity.

Too often, mealtimes in residential care settings are highly proceduralised and focused on the task, rather than the individual needs and abilities of residents, and the psychosocial aspects of the dining experience.

This presentation showcases the impact of multifaceted mealtime interventions used to implement Montessori and person centred care principles within two residential memory support units in Western Australia and Victoria, as part of larger cultural change initiatives.

### Objectives

- Understand what Montessori mealtimes look like in residential care, and how they differ from a more traditional meal service
- Consider how ‘Quality of Choice’ can be enhanced during mealtimes
- Explore ways to measure change in the mealtime experience
- Evaluate whether Montessori mealtime interventions can lead to more engaging, respectful and person centred dining experiences for residents living with dementia

### Presented by:



**Elizabeth Oliver** (right)  
Occupational Therapist  
Curtin University

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### Event Details

#### Date:

Thursday 28<sup>th</sup> January, 2021

#### Time:

5:30pm – 6:30pm WA

7:00pm – 8:00pm NT

7:30pm – 8:30pm QLD

8:00pm – 9:00pm SA

8:30pm – 9:30pm NSW, VIC, TAS, ACT

#### Venue:

Webinar via Zoom

#### Cost:

Funded by the Australian Government

#### Register Now:

<https://dta.com.au/events/gl-montessori>

### Find out more:



<https://tinyurl.com/vrhqj6x>



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