



# Step by step

## Oliver

Oliver is 2 and goes to nursery. He is learning how to feed himself with cutlery but sometimes needs support.



- Put on your PPE
- Take Oliver to the dining room for lunch
- Support Oliver in choosing what he would like for lunch
- Help Oliver to carry his tray to the table
- Support Oliver by cutting up his food into smaller portions
- Encourage Oliver to eat and drink
- Ask Oliver if he has finished and if he needs anything else
- Help Oliver clean himself after eating and to tidy away his equipment

### Equipment needed:

- PPE
- Tray
- Sectioned plate
- Children's cutlery
- Non-spill cup



# Step by step

## Joan

Joan is 82 and lives in a care home. She has dementia and sometimes forgets to eat. She also gets confused about where lunch is served and has recently had a fall.



- Put on your PPE
- Find Joan and take her to the dining room for lunch
- Support Joan in choosing what she would like for lunch
- Carry her tray to the table
- Encourage Joan to eat and drink
- Ask Joan if she has finished and if she needs anything else
- Help Joan clean herself after eating

### Equipment needed:

- PPE
- Tray
- Sectioned plate
- Cutlery
- Plastic cup



# Step by step

## Chris

Chris is 24 and lives in supported living. He has cerebral palsy and finds some daily tasks a challenge. He has carers support at mealtimes.



- Put on your PPE
- Support Chris in choosing and preparing what he would like for lunch
- Provide Chris with his lunch and adaptive equipment
- Support Chris if he has any difficulty but encourage independence
- Ask Chris if he has finished and if he needs anything else
- Help Chris clean himself after eating

### Equipment needed:

- PPE
- Utensil strap
- Scoop plate
- Two handled cup



# Step by step

## Anna

Anna is 30 and is staying in hospital after an operation. She is unable to leave the bed so is having her meals brought to her.



- Put on your PPE
- Support Anna in ordering what she would like for lunch
- Provide Anna with her lunch on a tray
- Support Anna if she has any difficulty putting food onto her cutlery
- Ensure Anna has access to a drinking system so she can drink independently
- Ask Anna if she has finished and if she needs anything else
- Remove the empty tray and equipment
- Help Anna clean herself after eating

### Equipment needed:

- PPE
- Tray
- Plate
- Cutlery
- Drinking system