

## **Worksheet 10.8: Meal support**

Many carers will find that they need to provide Edi with a great deal of support at mealtimes in the re-feeding stage, especially if there are no signs that Edi can ensure his/her nutritional safety. This is an exceptionally difficult task and hopefully carers will have been given some guidance and support from their loved one's care team. Sadly, this is often not the case. Mealtimes end up being fraught with difficulty and high emotions, which are not conducive to Edi successfully finishing a planned meal.

Read *SBC*, Chapter 12, pp. 204–10, which outlines 16 key skills for carers to use when they are supporting Edi with eating at home.

In pairs draw from this suggested list to come up with your own ideas of phrases that will work best in your home situation.

Take it in turns to use the phrases with each other. Imagine how you might respond if you were Edi.

When providing meal support carers will ideally balance a firm approach with the ED, while also encouraging Edi to remember the bigger picture in a warm, empathic and motivational way.