





Poor appetite and weight loss are quite common symptoms of depression. Both the emotional and physical symptoms are often related to each other, such as loss of interest in food and drink, which is often reported by patients with depression. The following are:

Depression, which can lead to poor appetite, more pain and dental problems, which can lead to discomfort and a lack of energy or loss of interest in activities, which can make a person feel lonely and have an infection or other physical illness.



A family, social environment can help a person with depression to feel more comfortable eating and drinking. You could:

Turn off the TV and radio, play some music, family music

being able to eat a meal, avoid eating when he is on his own, eat

going to eat with others, or he is not eating,

eat with him, if he enjoys the social side of it. I might be encouraged by them

to eat, but bear in mind some people may be self-conscious and embarrassed to eat in company

making the most of it and deciding on the food. This might help a person recognize the food he is eating more easily

ing plain colored plate and cup so he can see the food easily. Special adapted table is available for people with dementia



In order to eat a king hen has to be like a eagle. If he struggles to decide, you could give

hem oop ion of imple hing  
o kno he like and can manage.  
If app op ia e, o co ld in ol e  
hem in he food p epa a ion. Yo  
co ld :

o e ing ome hing ea o ea ,  
ha o kno he pe on like  
gi ing he pe on mall, eg la  
po ion a he han la ge meal  
being e ible: a pe on i ha  
ee oo h migh like o ea  
hei de e . Yo co ld add  
ee condimen like ke ch p  
o apple a ce o a o food  
o e ing a mall nack befo e  
a meal o ee if ha help he  
pe on eali e he a eh ng  
ing di e en a e , mell and  
colo o im la e he appe i e

If omeone i h demen ia i ha ing  
di c l allo ing, plea e eek  
head ice of a peech and lang age  
he api befo e con ide ing a die  
of p eedo of food, a hi can  
lack n ien . Yo ho ld be able  
o eq e a efe alf om o GP.  
Yo GP can ad i e o on food o

o e hile o ai fo a efe al,  
b i ' a good idea o keep o e ing  
food o kno he pe on like and  
can manage.

A pe on i h demen ia ma no  
al a be able o ecogni e hen  
he a e hi , o he migh  
no be able o comm nica e hei  
hi . B ne e hele , i i  
ecommeded o aim fo abo  
eigh gla e of id pe da . Yo  
co ld :

ha ing a d ink be ide he pe on  
a all ime  
adding ali le a o ed q a hif  
he pe on i no keen on a e  
o e ing a choice of ho and cold  
d ink  
helping he pe on if he a e  
gging o pick po hold a c p  
o e ing he pe on di e en  
hape and i e of c p  
ndingo if he ha ea  
fa o i em g he like o  
d ink fom



adding skimmed milk powder  
to have a better taste.  
Skimmed milk powder is available  
from most supermarkets.  
When drinking skimmed milk powder,  
it is best to use a milk shaker,  
because it is easier to drink.  
The easiest way to drink  
it is to mix it with water and  
drink it.

For most people, the amount  
of added fat is not a problem,  
but for older people and  
those with certain special  
needs, it is important.

It is important to have the  
right amount of fat and to  
eat it in the right way.  
For people with  
certain conditions.

encompassing help on how to become more active, baking alkaline, improving, overall health and fitness for people in their mobility issues

through food and from the people on the line of sight of the area to help

For more information on health care, see NHS Choice

Healthcare professionals can help you with your health and wellbeing. For more information on dental health, see NHS Choice

For advice on dental health, mental health and dementia, see NHS Choice

For information and advice for people with dementia, see NHS Choice

More advice for carers

NHS Choice Main information on dementia care and support

National Dementia Resource (2017) 'Eating well in dementia: A care guide'

Dementia UK (2017) 'Eating well in dementia: A care guide'

Both the United Kingdom and the United States have seen a decline in the number of people living with dementia

For more information on dementia, see NHS Choice

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o p o ide he mo ele an  
ppo fo familie li ing  
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