

<b>Unit Title:</b>	<b>Understand and meet the nutritional requirements of individuals with dementia</b>
Unit sector reference:	DEM 302
Level:	3
Credit value:	3
Guided learning hours:	26
Unit expiry date:	31/01/2015
Unit accreditation number:	T/601/9187

## Unit purpose and aim

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This unit is about understanding that individuals may have specific nutritional needs because of their experience of dementia. Learners will develop their knowledge and skills in meeting these nutritional requirements and be able to provide evidence of their competence to enable individuals with dementia to eat and drink well.

Learning Outcomes	Assessment Criteria	Exemplification
<p>The learner will:</p> <p>1 Understand the nutritional needs that are unique to individuals with dementia</p>	<p>The learner can:</p> <p>1.1 Describe how cognitive, functional and emotional changes associated with dementia can affect eating, drinking and nutrition</p> <p>1.2. Explain how poor nutrition can contribute to an individual's experience of dementia.</p> <p>1.3. Outline how other health and emotional conditions may affect the nutritional needs of an <b>individual</b> with dementia</p> <p>1.4 Explain the importance of recognising and meeting an individual's personal and cultural preferences for food and drink.</p> <p>1.5 Explain why it is important to include a variety of food and drink</p>	<p>An <b>individual</b> is someone requiring care or support</p>

Learning Outcomes	Assessment Criteria	Exemplification
	in the diet of an individual with dementia	
2. Understand the effect that mealtime environments can have on an individual with dementia	2.1 Describe how mealtime cultures and environments can be a barrier to meeting the nutritional needs of an individual with dementia  2.2 Describe how mealtime environments and food presentation can be designed to help an individual to eat and drink  2.3 Describe how a <b>person centred approach</b> can support an individual with dementia, at different levels of ability, to eat and drink	<b>Person-centred approach:</b> This is a way of working which aims to put the person at the centre of the care situation taking into account their individuality, wishes and preferences
3. Be able to support an individual with dementia to enjoy good nutrition	3.1. Demonstrate how the knowledge of life history of an individual with dementia has been used to provide a diet that meets his/her preferences  3.2. Demonstrate how <b>meal times</b> for an individual with dementia are planned to support his/her ability to eat and drink  3.3. Demonstrate how the specific eating and drinking abilities and needs of an individual with dementia have been addressed  3.4. Demonstrate how a person centred approach to meeting nutritional requirements has improved the <b>well-being</b> of an individual with dementia	<b>Meal times:</b> <ul style="list-style-type: none"> <li>• Meal planning</li> <li>• Food shopping</li> <li>• Food preparation</li> <li>• Pre- and post-meal activities</li> <li>• Dining</li> <li>• Snacking</li> </ul> <b>Well-being:</b> <ul style="list-style-type: none"> <li>• Appropriate weight gain/loss</li> <li>• Improved sleep patterns</li> <li>• Reduced confusion</li> <li>• Improved physical health</li> <li>• Improved emotional state</li> <li>• Reduced infections</li> <li>• Reduced constipation</li> </ul>

## Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment principles.

This unit is competence based. This means that it is linked to the candidate's ability to competently perform a range of tasks connected with their work. This unit may be assessed using

any method, or combination of methods, which clearly demonstrates that the learning outcomes and assessment criteria have been met. This unit requires workplace assessment of occupational competence.

Assessment decisions for competence based learning outcomes (eg those beginning with 'Be able to') must be made in a real work environment by an occupationally competent assessor. Any knowledge evidence integral to these learning outcomes may be generated outside of the work environment but the final assessment decision must be within the real work environment.

Competence based assessment must include direct observation as the main source of evidence.

For this unit, learning outcomes 3 must be assessed in a real work environment.

## Guidance on assessment and evidence requirements

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OCR does not stipulate the mode of delivery for the teaching of the content of this unit. Centres are free to deliver this unit using any mode of delivery that meets the needs of their candidates. Centres should consider the candidates' complete learning experience when designing learning programmes.

## National occupational standards (NOS) mapping/signposting

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This unit has been developed by Skills for Care and Development in Partnership with Awarding Organisations. It is directly relevant to the needs of employers and relates to national occupational standards developed by Skills for Care and Development.

As such, the unit may provide evidence for the following national occupational standards in health and social care developed by Skills for Care and Development:

HSC 213  
HSC 214  
HSC 21, 31, 41, 24, 35, 45

NOS can be viewed on the relevant Sector Skills Council's website or the Occupational standards directory at [www.ukstandards.co.uk](http://www.ukstandards.co.uk)

## Functional skills signposting

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This section indicates where candidates may have an opportunity to develop their functional skills.

Functional Skills standards can be viewed at <http://www.qcda.gov.uk/15565.aspx>

Functional Skills Standards					
English		Mathematics		ICT	
Speaking and Listening	✓	Representing		Use ICT systems	
Reading	✓	Analysing		Find and select information	
Writing	✓	Interpreting		Develop, present and communicate information	

## Additional information

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For further information regarding administration for this qualification, please refer to the OCR document '*Administrative Guide for Vocational Qualifications*' (A850).

This unit is a shared unit. It is located within the subject/sector classification system 01.3 Health and Social Care.