



Ministry Guidelines Education for Sherbrooke and Central Haven Staff

Module 6:

Nutrition Services (Section 13)

Lifestyle Options (Section 14)



Nutrition Services

Section 13

Ministry Guideline – Section 13

Nutritional Services

- Section 13 of the Program Guidelines for Special-care homes provides direction that ensures residents of SCHs receive meals and snacks that are nutritional and are eaten in a pleasant environment. It is important for all staff of SCHs to recognize the importance of good nutrition and eating good tasting food in a pleasing environment.
- All residents should have a hydration needs assessment and be offered fluids frequently to prevent dehydration, provided there are no fluid restrictions.
- Section 13 outlines the minimum requirements for: setting up the dining room; and making sure residents have the time and assistance to eat properly.

Ministry Guideline – Section 13

Nutritional Services (cont'd)

- Food must be handled safely according to The Food Safety Regulations and Public Eating Establishment Standards. All SCHs must have regular inspections. SCHs with more than 20 residents must be licensed by the Regional Health Authority. Staff who prepare and serve food must be trained in food handling, sanitation, special diets and food presentation.
- Food services in SCHs are to be evaluated regularly by a registered dietitian for: food quality; menu choices; portions. These evaluations must be documented.

Ministry Guideline – Section 13

Nutritional Services (cont'd)

- Section 13 of the Program outlines steps to take to provide meals, snacks and drinks to residents that meet their nutritional and any special medical needs based on their assessments. Managers and care staff should also refer regularly to Eating Well with Canada's Food Guide and Dietary Reference Intakes.
- Some residents may require therapeutic nutritional products recommended by their physician, nurse practitioner or dietitian. Consumption of therapeutic nutritional products must be documented. When ordered by a physician, nurse practitioner or dietitian there is no charge to the resident.
- Section 13 provides direction for managers and care staff when tube feeding is required, or when there is concern about safely assisting a resident with dysphagia with eating.

What does Ministry Guideline Section 13 (Nutritional Services) look like at Sherbrooke and Central Haven?

- Meal service is focused on providing a comfortable, supportive, and pleasurable dining experience. This promotes dignity, self-esteem, social enjoyment, friendship and a sense of community. (See policy #30.10)
- Through the guidance of the Eden Philosophy and our principles, in alignment with abandoning the institutional model, we have: created more flexible meal options for elders; removed tray-service of meals; committed to a relaxed breakfast; made available beverages and snacks at all times of the day and night.

What does Ministry Guideline Section 13 (Nutritional Services) look like at Sherbrooke and Central Haven? (cont'd)

- At Sherbrooke and Central Haven within our philosophy we have worked to abandon strict adherence to job descriptions and roles, and instead work within a caring community that best supports the elders with whatever is needed at any given time. When a neighbourhood or house requires additional assistance at mealtime, it is not uncommon to see additional helping hands from any staff member! We are all here for the elders!
- At Sherbrooke we have the ongoing support of a part-time dietitian. At Central Haven we have access to a dietitian through the health region. We also have access to a Speech-Language Pathologist when needed.

What does Ministry Guideline Section 13 (Nutritional Services) look like at Sherbrooke and Central Haven? (cont'd)

- Menus are planned within the standards of the Ministry Guidelines aligned with Canada's Food Guide and Dietary Reference. Whenever possible, we involve elders in decisions about menu changes.
- Food Service teams at Sherbrooke and Central Haven work within the Food Safety Regulations and Public Eating standards and regular inspections are completed.
- The Food Safe course is completed by staff who required it within their role at Sherbrooke and Central Haven.



Lifestyle Options

Section 14

Ministry Guideline – Section 14

Lifestyle Options

- Section 14 of the Program Guidelines for Special-care Homes provides direction for administrators, managers, and care staff: to accommodate residents who smoke; to manage the use of liquor by residents and their guests; and the requirements if pet are allowed in the home. Facilities make every attempt to accommodate residents and staff with allergies such as designating an area where no pets are allowed.
- In regards to liquor consumption by residents, it is important to remember that a resident's room is considered a private residence – that means residents can have or consume liquor in their rooms. A thorough review must take place to ensure there are no contra-indicators to individual residents based on prescribed medication or medical conditions.

Ministry Guideline – Section 14 Lifestyle Options (cont'd)

- Section 14 outlines what is required for residents and their guests to drink liquor outside of resident rooms.
- Section 14 sets out the requirements when a home has pets and that the policy must be discussed with residents upon their move in to determine if there are any concerns (ie: allergies).

What does Ministry Guideline Section 14 (Lifestyle Options) look like at Sherbrooke and Central Haven?

- **Smoking**: At Sherbrooke and Central Haven, in alignment with SHR's smoking policy, there is no smoking on our properties. Elders who choose to smoke, will do so off property. We will assist elders who want to quit smoking by connecting them with smoking cessation resources that are available.
- **Liquor**: An elder's decision to consume liquor is a personal choice made by each elder. If an elder's choice to consume liquor creates concerns for the well-being of our community, we would apply our individuality principle to develop a supportive approach and appropriate care planning. When events are held at Sherbrooke where liquor is being served, a liquor license is required.

What does Ministry Guideline Section 14 (Lifestyle Options) look like at Sherbrooke and Central Haven? (cont'd)

- **Pets**: At Sherbrooke and Central Haven through the eyes of the Eden Philosophy we have seen the positive benefits that pets bring into the lives of elders. When new elders move in, we inform them of our philosophy and that we are home to may pet companions.
 - Neighbourhood or elder pets are welcomed to our community through discussions with the elders and families who are part of that neighbourhood.
 - We have pet policies to help to guide our success with moving in and supporting pets within our communities. These apply to pets who live here as well as who visit here. Some of these expectation include that pets will have: updated vaccinations; an appropriate temperament; a pet care plan – if the pet is living here; responsible owners who clean up after their pet.



End Module Six

Please complete Module Six quiz.