



Nutrition and hydration

The wise words of Hippocrates - “Let food be thy medicine and medicine by thy food” – strongly resonates with our care priorities at Waypoints.

Food, drink and the experience of eating can be very effective in terms of physical nourishment, healing, defence against illness and overall sense of wellbeing.

Our catering team, led by an experienced and creative Head Chef, takes pride in providing nutritious, varied, tasty and balanced food for our residents. The specific dietary requirements and personal preferences of each resident is met. Individual Care Plans and our own knowledge about each resident gives us valuable information about their favourite dishes or treats which we will offer to lift spirits when feeling under the weather or to encourage eating if unwell.

Dementia can affect recognition of food and appetite. Some medications can also change taste and flavours. Our nursing and care staff keep a close eye on what and how much residents are eating and drinking through observation and discussion with the residents and their relatives. Residents are weighed monthly and weight loss will prompt a range of actions from fortifying food and offering food ‘little and often’ to a referral to a doctor or dietician for advice.

It is essential that residents drink enough fluid to stay hydrated and healthy. Feeling tired, headaches and not feeling at your best are common symptoms of de-hydration. When creating the ‘Menu of the Day’ and the seasonal menu in our bistro and restaurant, our chefs take into account food which naturally has a high water content, like fruit and vegetables. Soups, stews and casseroles also have a lot of water added during the preparation.

As we get older we have a weaker sense of thirst to tell us we need to drink more. We also need to take into account other factors, for example if the weather is hot or someone has a high temperature with illness.

Residents can have a drink whenever they like. Each bedroom wing also has a kitchen where hot and cold beverages are served.

The communal dining areas are vibrant but relaxing settings for meals. We do not dictate to our residents when and where they would like to eat – this is their home and they choose. They can eat in their own room or host relatives and friends for a snack, afternoon tea or Sunday lunch.

All our staff take their breaks and dine with the people they look after. This is a precious opportunity to enjoy the company of others and benefit from the stimulation of conversation.