

ROTHSCHILD ADULT DAY HEALTH SERVICES AT MENORAH PARK

SUBJECT: FOOD AND NUTRITION SERVICES

POLICY STATEMENT:

All registrants in the Rothschild Adult Day Health Services will have their nutritional needs assessed by a Registered Dietitian (or qualified designees) to ensure they receive a diet appropriate to their medical and physical needs. Registrants choose their own meal item selections from a weekly menu.

PROCEDURE:

1. Meals and nutritional supplements, including modified consistency of foods/ fluids and therapeutic restrictions, will be provided as prescribed by registrant's attending physician based upon the registrant's functional level and health status.
2. Registered Dietician or Diet Technician will assess all registrants upon admission to ensure their daily meal falls within the dietary recommendations as ordered by the physician and take into account the cultural background and food habits of registrants.
3. All registrant meals will be serviced in the main area of the Adult Day Health Services program. Trays will arrive between 11:45 – 12:15 p.m. daily. Adult Day Health Service staff will serve registrants.
4. Staff will assist any registrants who need help and supervision with eating as needed.
5. Provide adaptive eating equipment and utensils as needed per OT recommendation.
6. Staff and able registrants will pick up all plates/utensils/serving items after the meal is over and return them to the dietary cart. Tables will be wiped to ensure a clean environment for the registrants.
7. A mid-morning snack will be offered to all registrants during the morning hours of the program. Registrants who require special nourishment or nutritional supplement to meet their dietary needs will have this nourishment at that time, unless they request otherwise (with meal, before leaving for the day, etc.).
8. Fluids of appropriate consistency per diet order will be offered and available to registrants throughout the day to ensure all registrants are well hydrated.
9. If needed, the facility will provide nutrition counseling to registrants as per the recommendation of their physician.

ROTHSCHILD ADULT DAY HEALTH SERVICES AT MENORAH PARK

10. Intake and output will be monitored and documented in the registrant's chart if ordered by their physician.

11. The Interdisciplinary care plan will reflect the registrant's nutritional needs and goals. The initial assessment will be completed within five visits after admission. The care plan will be updated at least every 6 months when the registrant is re-evaluated, and when any significant changes in the registrant's status are noted.

12. Monthly weights will be obtained for all registrants. Weights may be done more frequently with a physician's order or for closer weight monitoring.