

# MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

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In the Assistive Technology Center a common topic of interest is a dementia-related diagnosis. When discussing their concerns with caregivers, we typically start off with a couple questions. How is your loved one's appetite? Are they eating well, or do you notice a change? Let's discuss a few options!

Instead of using a heavy porcelain or glass dinner plate, most stores carry options of hard plastic like the *white plate* in our picture. The lightweight aspect will be easier for your loved ones to use. But if they have any depth perception issues, which is common with dementia, a colorful plate could be more beneficial than white. Just a little food for thought!

Another concept when eating, is using a *divided plate*. The thought behind the dividers, for a lot of people, is not wanting their food to touch. But when thinking outside the box, the dividers, along with the raised edges, can be used like a "scoop plate" to bring the food onto the utensil easier. And in this case (in the picture shown) our divided plate also offers the red color contrast.



A portable option that your loved one can try is the *plate guard*. It attaches to any standard size thin plate and can be used for a couple reasons. One of which, is it can be used like a "scoop plate," and another is like a guard to help keep your food on your plate, ultimately decreasing spills. And it's small enough that it can fit right into your purse or bag and taken on the go!

Then we have the "all in one" *original scoop plate*. As you see in the picture above, this plate already comes adapted. The one side is raised up to allow someone to scoop their food onto the utensil and has the red color contrast. And the material is the hard/durable plastic which, as we said, will be easier to handle.

Scoop Plate:



Food Guard:



***Assistive Technology is not one size fits all. It is about personal choice and what best fits your loved one's needs.***

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / [sgay@macinc.org](mailto:sgay@macinc.org) or ext 146 - Katie Clatterbuck / [kclatterbuck@macinc.org](mailto:kclatterbuck@macinc.org)

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