



Care With A Difference

Cutlery-free cuisine

Respectful, inclusive dining for everyone

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Over the next 40 mins or so....



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- The importance of good nutrition for everyone living in a care home
 - Old cultures of care
 - The dining experience
 - Why cutlery-free cuisine?
 - The Care catering team
 - Cutlery-free in practice

Good nutrition in care homes



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- Over 400,000 people live in a care home in the UK
 - Many of those residents are able to continue to live well, with few adjustments to their day-to-day life
 - However, an increasing number of these residents are living with complex physical or mental health needs – sometimes a combination of both
 - Residents who need us to ensure that they too are able to continue to live well with dignity and respect

Old cultures of care

- It was expected that residents living in care homes would lose weight
- Residents with any additional care needs were frequently given the same type of meal – either ‘finger food’ or a ‘soft’ diet
- Food was often seen as merely fuel – particularly for residents with dementia
- Inequality and stigmatization were commonplace
- Residents requiring help at mealtimes were commonly seated together and referred to as ‘feeders’

The dining experience

- For many residents, the dining experience is one of the main social opportunities of their day
- As well as a time to 're-fuel', the chance to engage and interact with others
- And the opportunity for staff to engage meaningfully and positively with their residents



Why cutlery-free cuisine?



- Residents in care homes deserve the very best service that we can provide
- The language we use has a massive impact on our approach to care
- We have a collective responsibility to ensure our residents are well-nourished, regardless of ability or disability

Implementing the cutlery-free approach



Challenges

- Getting buy in from teams
- Staffing levels providing ongoing challenges
- Disconnect between departments within a care home

Positive outcomes

- Making a difference to residents lives
- Inspiring chefs to rediscover creativity and innovation
- Generating interest across the care catering sector

The care home catering team



Opportunities for creativity and innovation

- How do we introduce this to our teams



Opportunities for creativity and innovation



- A series of chef development days were organized to pilot the Cutlery Free Concept
- The course was divided into two:
 - *theory and discussion in the morning*
 - *A practical session in the afternoon where we put some of the ideas and recipes to the test .*
- The results from the chefs were phenomenal , the ideas that were generated and the simplicity of what we were trying to achieve were instantly brought to life by chefs
- The following images taken on our development days show how you can make most foods cutlery free creating dignity , inclusivity , variety and the same menu choices for all







Cascading within the organisation

Measuring impact

**Sharing more widely.....with a little help from
our friends**

So what next?



Despite the ongoing challenges in the care catering sector, Christmas is almost upon us



Lets think about cutlery free Christmas options



Thank you for your time



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