



Tips for Providing Residents with Comfort Care for Eating and Drinking

Comfort care for eating and drinking is based on the palliative philosophy of care and prioritizes resident's quality of life and comfort over the quantity or nutritional quality of food eaten.

Below are some ideas to implement comfort practices when chosen by residents and their substitute decision makers.

Supporting quality of life

Allow the resident to take the lead by:



- offering participation in food-related activities (e.g., meals, socials) but never insisting
- being flexible with timing and food/beverage options

Invite the resident's family and friends to:



- bring in favourite foods and fluids
- explore new ways of caring if food has been an important part of the resident's personal and family history

Provide additional mouth care to support comfort by:



- maintaining proper oral hygiene practices
- using lip balm and moist sponges to relieve dry lips and mouth

Tips for changing perspectives around food intake:

- ✓ Identify times when the resident seems more willing to eat (not necessarily at scheduled mealtimes), and offer favourite foods
- ✓ Acknowledge that there may be risks involved with certain food offerings and balance safety and quality where possible
- ✓ Remove the focus from medical outcomes (e.g., eating more, gaining weight, living longer) to attend to the present moment

FOR MORE INFORMATION,
PLEASE VISIT:

clri-ltc.ca/resources/comfort-care



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