



Food Buddies checklist

This is your checklist, to let you assess how far your establishment works for people who have dementia.

Name and address of establishment:	
Name of person, or people, completing it:	
Date you did this assessment:	
Date you will review it again:	

Please send a copy to Food Buddies: jan@otbds.org or christine@otbds.org

This will help us develop the Food Buddies project and plan how to support café and other food outlets.

Staff

Feature, aspects of how a dementia-friendly service works	Description of your establishment	Your target to develop what you do	Your action plan, eg training, physical changes	Other notes
Staff understand that some customers may need more time or support to decide and explain what they want.				
All staff have completed an introduction to understanding and working with people living with dementia as part of their training				

Physical space

Feature, aspects of how a dementia-friendly service works	Description of your establishment	Your target to develop what you do	Your action plan, eg training, physical changes	Other notes
People can find a quiet space - no or low background music, away from noise of the till area and equipment like coffee machines, few people passing through				
Entrances and exits are well lit and clear				
Glass doors are marked so people know they are doors				
Lighting is even, rather than pools of bright light and deep shadow				

Signs

Feature, aspects of how a dementia-friendly service works	Description of your establishment	Your target to develop what you do	Your action plan, eg training, physical changes	Other notes
Signs are clear – there are words as well as symbols, or symbols that are very easy to understand				
Signs are at eye level, well lit and there is a good contrast between lettering and background				
Signs take people through a route - placed at key decision points for someone who is trying to navigate your premises for the first time				

Toilet facilities

Feature, aspects of how a dementia-friendly service works	Description of your establishment	Your target to develop what you do	Your action plan, eg training, physical changes	Other notes
Signs for the toilets are very clear				
Signs take people back to the café or shop when they leave the toilet				
There is a good colour contrast between floor, walls and the toilet and basin				
Towels and hand dryers are easy to find and understand how to use				
Do you have a unisex toilet or other facility which would allow someone to have assistance without causing them or other user's embarrassment?				

Table settings

Feature, aspects of how a dementia-friendly service works	Description of your establishment	Your target to develop what you do	Your action plan, eg training, physical changes	Other notes
Contrast between table surface and place setting, tableware a contrasting colour from the table surface				

Food

Feature, aspects of how a dementia-friendly service works	Description of your establishment	Your target to develop what you do	Your action plan, eg training, physical changes	Other notes
Finger food options				
Smaller portions				
Taster menu with experimental flavours				

Accessibility

Feature, aspects of how a dementia-friendly service works	Description of your establishment	Your target to develop what you do	Your action plan, eg training, physical changes	Other notes
<p>Research shows that people with dementia use “landmarks” to navigate their way around, both inside and outside. The more attractive and interesting the landmark (which could be a painting, or a plant) the easier it is to use it as a landmark. Have you had a good look round and thought about these landmarks?</p>				
<p>Are there any highly reflective or slippery floor surfaces? – Reflections can cause confusion.</p>				
<p>Do you have bold patterned carpets? – Plain or mottled surfaces are easier; patterns can cause problems to people with perceptual problems</p>				

<p>Are changes in floor finish flush rather than stepped – changes in floor surfaces can cause some confusion due to perceptual problems. If there is a step at the same time you also introduce a trip hazard.</p>				
<p>Is there enough room to navigate around the space safely.</p>				

Sources of useful advice

- <http://otbds.org/wp-content/uploads/2017/02/Making-your-group-dementia-friendly.pdf>
- <http://otbds.org/wp-content/uploads/2016/12/Eating-with-Dementia-a-carers-guide.pdf>
- <http://otbds.org/wp-content/uploads/2016/12/Winter-Tips.pdf>
- <http://otbds.org/wp-content/uploads/2016/08/DEEP-Guide-Language.pdf>
- <http://www.lifechangestrust.org.uk/people-affected-by-dementia>
- <http://www.alzscot.org/>
- <http://www.ageuk.org.uk/northern-ireland/health--wellbeing/dementia/?gclid=CMKRxbzLutlCFYi77QodT0gPgQ>
- <http://www.healthscotland.com/topics/stages/healthy-ageing/dementia-resources.aspx>
- https://www.amazon.co.uk/s/?ie=UTF8&keywords=dementia+friendly+signs&tag=googhydr-21&index=aps&hvadid=155844583134&hvpos=1t1&hvnetw=g&hvrnd=13288160330383258978&hvpone=&hvptwo=&hvqmt=e&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1007276&hvtargid=kwd-138257962863&ref=pd_sl_guk9xt2n9_e