



Minuteman
SENIOR SERVICES

Nutrition Counseling for People with Dementia and their Caregivers



Alzheimer's Disease and other dementia-related illness can increase your loved one's risk of unplanned weight loss, weight gain, dehydration, gastric upset, and other nutrition problems. Nutrition problems can exacerbate symptoms of the disease, increase caregiver stress, and lead to more frequent hospitalizations.

Minuteman can help!

We have received grant funding to offer FREE nutrition counseling for people with dementia and their caregivers. Our specially trained Registered Dietitian will come to your home to:

- perform a thorough dietary assessment
- develop a personalized nutrition plan
- provide caregiver coaching
- provide adaptive equipment if appropriate
- visit again after 30 days to assess progress

*Our goal is to
improve nutrition
and
reduce stress
around eating and
mealtimes.*

Call 888-222-6171

to ask if personalized nutrition counseling is right for your loved one with dementia.

www.minutemansenior.org

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 **CHNA15**
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