

The Importance of Good Nutrition & Hydration

We understand that dementia affects each person differently, which is why our approach to nutrition and hydration is highly personalised. At Waterloo Care Home, we see food and drink not just as fuel, but as a source of comfort,



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- Hydration Throughout the Day
- Flexible Mealtimes & Snacks
- A Social Dining Experience
- Monitoring & Support



How Waterloo Care Home Ensures Residents Eat Well and Stay Hydrated

At Waterloo Care Home, we believe that mealtimes should be an enjoyable part of the day – not just a necessity.

Our team works closely with residents, families, and healthcare professionals to make sure each person's dietary needs and preferences are met.

1. Freshly Prepared, Nutritious Meals

We work hard to create a varied menu that caters to individual tastes, cultural preferences, and special dietary requirements.

Textures and consistencies are adapted when needed, supporting those who may have difficulty chewing or swallowing, without compromising on flavour.

Quality Partnership

We are also proud to work in partnership with **Apetito**, a trusted name in care home catering.

This partnership guarantees quality, nutrition, consistency, and choice in every meal we serve.

Apetito's expertise means our residents enjoy a wide selection of balanced, appetising dishes, created to meet the nutritional needs of older people – including those living with dementia.

Combined with our caring approach to mealtimes, it ensures that residents not only receive the right nutrients but also look forward to every bite.

2. Hydration Throughout the Day

We encourage residents to drink regularly, offering water, juices, herbal teas, and other preferred beverages.

Drinks are available in all communal areas and residents' rooms, with gentle reminders provided for those who may forget.

3. Flexible Mealtimes & Snacks

We know appetite can vary throughout the day, so we offer snacks and light meals in between main mealtimes.

This helps ensure residents are getting enough calories and nutrition, even if they prefer smaller, more frequent portions.



4. A Social Dining Experience

Mealtimes are often enjoyed together in our dining rooms, creating a warm, friendly atmosphere. Social interaction can help stimulate appetite and make eating more enjoyable.

For those who prefer a quieter setting, we provide meal service in their room.

5. Monitoring & Support

Our care team keeps a close eye on each resident's food and fluid intake.

If we notice changes in appetite or hydration levels, we act quickly to address them – whether by adjusting the menu, adding favourite treats, or offering extra fluids.

Supporting Well-being Through Food & Drink

We understand that dementia affects each person differently, which is why our approach to nutrition and hydration is highly personalised.

At Waterloo Care Home, we see food and drink not just as fuel, but as a source of comfort, enjoyment, and connection.

If you'd like to learn more about how we care for residents living with dementia, or arrange a visit, please contact us – we'd be delighted to show you around.

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