

Role-playing exercises for protected mealtimes

Protected Mealtime: Role Playing for Staff

Scenario 1

Mealtime is in progress, but a maintenance worker starts a noisy repair in the dining area. The sound is startling some residents, and others begin to eat less or disengage from the meal.

Role-Playing Exercise:

- One participant plays the HCA, ensuring the dining environment remains calm.
- Another plays the maintenance worker, focused on completing their task.
- Additional participants play residents, reacting to the noise.

Discussion Prompts

- How does a noisy environment impact residents' dining experience?
- What steps can be taken to ensure a peaceful mealtime setting?

Scenario 2

A physiotherapist arrives in the dining room to take a resident to their scheduled therapy session. The residents are halfway through their meal.

Role-Playing Exercise:

- One participant plays the HCA, advocating for protected mealtimes.
- Another plays the physiotherapist, needing to take the resident.
- Additional participants play residents, observing the situation.

Discussion Questions

Why are protected mealtimes important for residents' health and well-being?

How can staff collaborate to ensure interruptions are minimised?

What challenges might arise when enforcing protected mealtimes, and how can these be managed?