



Mealtime Manual For People With Disabilities & The Aging

Judith L. Klinger MA OTR

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Mealtime Manual is a small handbook or guide to help aide in the preparation of meals for the consumer. It focuses on hands-on skills that should be used initially during treatment sessions with a health professional supervising. Eventually these skills can be performed independently by the individual. The book focuses on tasks in kitchen and include kitchen planning, handling utensils, serving, cleanup, and more. The introduction discusses choice of foods, and individual tastes and concerns in the kitchen.

Mealtime Manual for People with Disabilities and the Aging contains a wide range of tools and techniques and much of the equipment described in this book may be found in local stores. The physician, visiting nurse service, occupational and physical therapists, extension service, school, or other local organizations are the primary source of information, however, groups that can offer additional help are found in the Appendix under Helpful Organizations and Agencies.

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