



**HoGent**

# HoGent

EDUCATION  
HEALTH  
SOCIAL WORK

## Cook & Roll

ENOTHE 2012: Active Ageing & solidarity between generations

# Content of the presentation

- Cook and Roll”
  - Reasons
  - Advantages
  - Guidelines

# Introduction project



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# Introduction project

## Subject motivation

- Further the homelike atmosphere and social contacts
- Active stimulation of the residents
- Reaching multiple residents
- Attracting the interest of the residents
  - The elder generation attaches importance to a decent made meal.
  - In Belgium, the cooking became a popular topic.

# Introduction project

## Methodology

- Literature
  - Active ageing
  - Meaningful occupation
- Search for nursing homes
  - Conversations with occupational therapists about projects concerning active ageing
- Contact with nursing home Heiveld
  - For their expertise
  - Project on domesticity with two parts
    - Mobile kitchen
    - Cookery book

# Introduction project

## Methodology

- Connection with nursing home 't Koutherhof
  - They searched an active ageing project
- Semi-structured interview
  - Nursing home Heiveld
    - Participants
    - Methodology
    - Philosophy
    - Activities
    - Tips and tricks
  - Nursing home 't Koutherhof
    - Expectations

# Introduction project

## Methodology

- Collecting data and start elaboration
  - Giving activities
  - Guidelines
    - Theoretical view
    - Technical aspects



# Participants

bonen, groene en rode frisé  
knoflook, peterselie, ajuin, postelein en

plattekaasdip of met legumaise of



## Plattekaasdip

### Ingrediënten

- 4 eetlepels magere plattekaas
- 1 teentje fijngehakte knoflook
- 2 eetlepels fijngehakte peterselie
- 1 eetlepel graanmosterd
- 1 eetlepel xeresazijn

### Werkwijze

Meng alle ingrediënten.

## Legumaise

Meng verschillende soorten  
kruiden fijngehakt met mayonaise

### **Dipsaus**

Meng platte kaas, yoghurt en  
mayonaise samen met  
verschillende  
soorten tuinkruiden, voeg  
eventueel mosterd toe voor  
een andere smaak



# Participants

- Active residents
- Passive residents
  - Willing to participate
  - Accidentally passers-by
- Residents with dementia
- Social network of the residents

# Goals



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# Goals

## **General goals**

- Homelike atmosphere
- Social contact and intergenerational working
- Successful ageing
- Active participation

# Goals

## General goals

- Meaningful occupation
  - Anaby (2012): key elements for promoting well-being → the balance that a person experiences in his daily life occupations
  - Hakansson (2006): engagement in personally meaningful occupations → mechanism to experience balance in everyday life
  - Griffith (2007): intrinsic link between identity and occupations
  - Phinney (2007): important driving force for people with dementia → being active as much as they can
  - Steultjens (2011): shared occupations → important for people with dementia
  - Marshall (2010): more satisfaction → more engagement in activities

# Goals

## Goals mobile kitchen

- Participation of all residents
  - Let multiple residents enjoy
  - Generate attention through the scent of the meal
  - Goal for residents with dementia: arouse attention by sensory stimulation
- Personal development of the residents
  - Physically
  - Mentally

# Goals

## **Goals cookery book**

- Mental stimulation and activation
  - Reminiscence
- Express knowledge
- Feeling useful

# Guidelines mobile kitchen



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# Guidelines mobile kitchen

## Theory

- Before starting the activity, we have to consider a few things
  - Which residents?
  - What are their needs?
  - How to involve these participants?
  - What are the required technical aspects corresponding to these needs?
  - Discuss all of the above with other therapists and technical experts.

# Guidelines mobile kitchen

## Technical aspects

Accessories	Suggestions
Essential parts	
<ul style="list-style-type: none"><li>• Frame</li></ul>	Inox
<ul style="list-style-type: none"><li>• Wheels with brakes</li></ul>	<ul style="list-style-type: none"><li>• With elastic rubber</li><li>• Nylon</li></ul>
<ul style="list-style-type: none"><li>• Hot plate</li></ul>	<ul style="list-style-type: none"><li>• Gas</li><li>• Induction plate</li></ul>
<ul style="list-style-type: none"><li>• Electricity supply</li></ul>	As few cables as possible
<ul style="list-style-type: none"><li>• Hood</li></ul>	standard
<ul style="list-style-type: none"><li>• Handle</li></ul>	

# Guidelines mobile kitchen

## Technical aspects

Accessories	Suggestions
Recommended options	
<ul style="list-style-type: none"><li>• Oven</li></ul>	Convection oven
<ul style="list-style-type: none"><li>• Cupboards</li></ul>	
Extra's	
<ul style="list-style-type: none"><li>• Washing-up bowl</li></ul>	
<ul style="list-style-type: none"><li>• Adjustable frame in height</li></ul>	
<ul style="list-style-type: none"><li>• Working surface</li></ul>	Heat resistant

# Guidelines mobile kitchen

## Technical aspects

- Tips
  - When often using an elevator, make sure that the mobile kitchen fits into your elevator
  - The more facilities you want to put into the mobile kitchen, the more expensive it will be and the more heavy and clumsy he will be to handle

# Guidelines mobile kitchen

## Practical view on the mobile kitchen

- Pay special attention to:
  - Always include a fire blanket
  - Choose the tools that are for you the best ones to put in the cupboards. Not everything has to be in it.
  - Make sure you put the mobile kitchen on to a stable surface
  - Put at least two brakes on hold
  - Make sure that cables are put away neatly

# Guidelines cookery book

## Aperitiefhapjes

### **Augurken in het zuur**

Benodigdheden:

- 1kg kleine augurken
- 1 liter azijn
- 10 peperbolletjes
- zout

Werkwijze:

Neem gelijke, kleine augurken, wrijf ze glad met zout, waarin je ze een dag laat trekken.

Spoel de augurken af met azijn.

Doe de augurken in bokalen of flessen met brede hals en overgiet met kokende azijn waarin de peperbollen gekookt werden.

Sluit de bokalen af na afkoeling.

### **Jonge kaas met kerstomaatjes of druiven**

Werkwijze:

Dikke plakken kaas in blokjes snijden

Kerstomaatjes in twee snijden en met een prikkertje op de blokjes kaas steken of druiven op de kaas steken. Presenteren op een halve augurk.

# Guidelines cookery book

## Theory

- Before starting the activity, we have to consider a few things
  - Which residents?
  - What are their needs?
  - How to involve these participants?
  - What are the required technical aspects corresponding to these needs?
  - Discuss all of the above with other therapists and technical experts.

# Guidelines cookery book

## Technical aspects

Accessories	Suggestions
Book	
<ul style="list-style-type: none"><li>• Size</li></ul>	Maximum A4 (US Letter)
<ul style="list-style-type: none"><li>• Bond</li></ul>	Spiral rings
<ul style="list-style-type: none"><li>• Paper</li></ul>	Waterproof
Design	
<ul style="list-style-type: none"><li>• Content</li></ul>	Simple and clear
<ul style="list-style-type: none"><li>• Pictures</li></ul>	<ul style="list-style-type: none"><li>• Recognizable</li><li>• From the environment of the residents</li></ul>



# Guidelines cookery book

## Technical aspects

Accessories	Suggestions
Layout	
<ul style="list-style-type: none"><li>• Font</li></ul>	<ul style="list-style-type: none"><li>• Sans serif</li><li>• Verdana, Helvetica, Arial</li></ul>
<ul style="list-style-type: none"><li>• Fontsize</li></ul>	More than 11 points
<ul style="list-style-type: none"><li>• Font colour</li></ul>	<ul style="list-style-type: none"><li>• Contrastratio &gt; 4,5</li><li>• Black letters on yellow or white paper</li></ul>
<ul style="list-style-type: none"><li>• Background</li></ul>	<ul style="list-style-type: none"><li>• Plain</li><li>• Good figure-ground perception</li></ul>
Recipes	Collected from and with the residents

# Conclusion



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# Conclusion

Mobile Kitchen	Cookery Book
<ul style="list-style-type: none"><li>• The olfactory stimulation has a big influence on the residents</li></ul>	<ul style="list-style-type: none"><li>• A larger public is involved</li><li>• It is important to collect the recipes with the residents themselves.</li></ul>
<ul style="list-style-type: none"><li>• Pay attention to the needs of the residents</li><li>• Pay attention to the importance of the technical aspects</li><li>• Discuss the practical aspects for your own organization</li></ul>	

# Conclusion

## Outcome

- Mobile kitchen
  - The residents eat more
  - They enjoy their meal more
  - They feel more restful during the activity
  - They talk more to others
- Cookery book
  - The residents feel more competent
  - They are proud of what they have achieved
  - They talk more to others

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