

INCLUSIVE HOLIDAY DINING TIPS

SECURING THE PLACE SETTING

Some people may experience difficulty at the dinner table because they are unable to adequately scoop their food because the plate/bowl slips away. Try using the following to prevent slipping:

- Silicone mats
- A kitchen towel rolled up underneath the back edge of the plate
- Shelf lining material underneath the place setting



SEATING AND POSITIONING

Always be conscientious of who is dining with you and whether they are using a mobility device. Some considerations to take include:

- Using chairs with armrests are helpful in transferring from sit to stand position; however a chair without armrests may be better when transferring back into a wheelchair
- If your guest is using a wheelchair be conscientious of the table height to ensure an appropriate sitting posture or provide accessible seating for them
- Additionally, make sure the dining room has ample space for someone in a wheelchair to navigate through should they want to leave the table



DIY UTENSIL ADAPTATIONS

Adapted utensils can be pricy, and hard to come by if you are visiting another household for the holidays. Here are some methods to try and adapt build up utensil handles using common household objects:

- Duct Tape
- Pool Noodle
- Gauze
- Air Dry Clay



BE PATIENT

The holidays can be overwhelming and highly stimulating at times. Many people benefit from having an area to rest in. Try to designate a quiet room in the house for people to relax in.

To best accommodate your guests, always inquire with them about how best to meet their needs.