

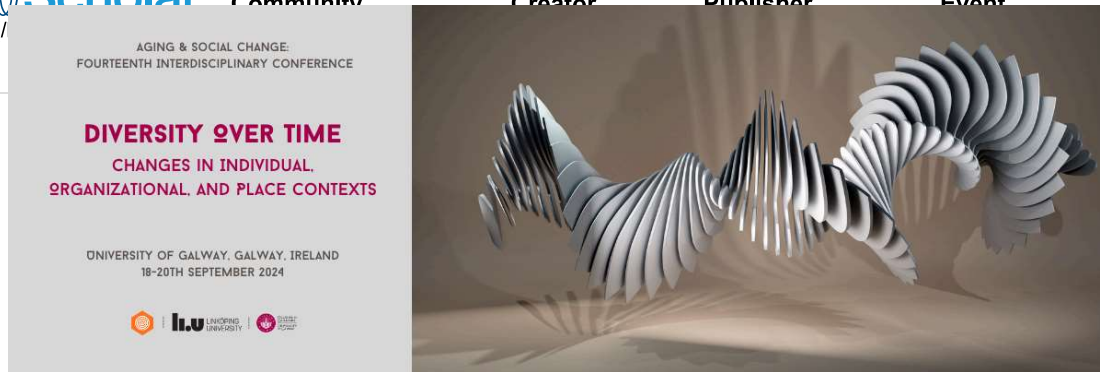


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**THEMED PANEL: PAPER PRESENTATION IN A THEMED SESSION**

**ROOM 2015 (LCI – 2015 BOARDROOM)**

**30 SEP 2024**

**145 Engagements**

## Abstract

The aim of this research is to identify the views and experiences of older people, their family members, and staff working in aged care settings (including hospitality food services staff and care assistants, chefs) on what makes a safe and enjoyable meal in aged care for people with swallowing disorders who need texture-modified foods. In a mixed-methods study, collaborating with an aged care service providers and people with swallowing difficulty, we conducted in-depth interviews, focus groups, surveys, and immersive 3D food printing experiences about (a) the impact of the visual appeal of meals, food shaping, and modifying food textures, (b) strategies to improve mealtime safety and enjoyment while on a texture-modified diet, and (c) barriers and facilitators to implementing innovative techniques for improving the visual appeal and enjoyment of food. The results fill a gap in the research relating to improving quality of life and nutrition for older people through attention to co-designed meals that meet their needs for safety and reflect their personal cultures and preferences. New technologies such as generative AI could be used effectively to improve implementation of a wide range of interventions to improve menu planning and food design. Findings will also inform future design of better 3D food printing technologies. Results reveal multiple service- and individual- level changes that are outlined and discussed in relation to aged care quality and safety standards and technological developments. Implications for policy, practice, and technology are presented and discussed.

## Presenters

**Bronwyn Hemsley** (<https://cgscholar.com/community/profiles/bhemsley>) Head of Speech Pathology, Graduate School of Health, Speech Pathology, The University of Technology Sydney, New South Wales, Australia

**Lily Chen** (<https://cgscholar.com/community/profiles/lchen12>) PhD Candidate, Health, University of Technology Sydney, New South Wales, Australia

**Abbas Z. Kouzani** (<https://cgscholar.com/community/profiles/user-26096-4613>)

**Susan Balandin** (<https://cgscholar.com/community/profiles/user-56319-87845>) Professor Emeritus, Faculty of Health, Deakin University, Victoria, Australia

**Julia Dray** (<https://cgscholar.com/community/profiles/jdray1>)

## Details

### PRESENTATION TYPE

Paper Presentation in a Themed Session (<https://agingandsocialchange.com/2024-conference/format>)

### THEME

Medical Perspectives on Aging, Health, Wellness (<https://agingandsocialchange.com/about/themes>)

**KEYWORDS**

Ageing, Mealtimes, Dysphagia, Food Design, Technology

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