

Restaurant Dining Tips and Tricks

- Ask your loved one if they'd like to check out the menu in advance. A menu can be tricky to read, but finding it online before heading out can take the pressure off.
- Seek out a quieter, well-lit table where they won't be directly facing glare from a window.
- Ask if they'd like you to guide them to the table. This can be especially helpful if the lighting is dim, the room is crowded, or there are steps involved.
- If the waiter asks you what your loved one would like to eat, say something like, "Oh, you can ask them—they'll let you know." This educates the staff and respects the fact that each person can speak for themselves.

