

# NUTRITION FOR THE ELDERLY

COURSE CONTENT OVERVIEW

0333 006 7000  
[www.highspeedtraining.co.uk](http://www.highspeedtraining.co.uk)



This Nutrition for the Elderly course provides an introduction to the nutritional requirements of people in later life in order to help improve their everyday health and wellbeing. Malnutrition is a significant and common problem amongst the elderly, yet it can easily be resolved.

This course helps you to identify the symptoms of malnutrition so that changes to the diet can be made, either at home or in a care setting, to help encourage weight gain and improve the nutrition of older people.

#### **Module One: Nutrition in an Ageing Population**

This module looks at the importance of good nutrition in order to maintain muscle mass and promote good mental health in later life. The module also looks at some of the issues that elderly people may face when making food choices.

- Nutritional requirements
- Mental health
- Nutritional recommendations
- Limitations

#### **Module Two: Nutritional Requirements of the Elderly**

This module explains the dietary requirements of people in later life, outlining which vitamins and minerals are essential for good health and detailing which foods they can be found in.

- Vitamin C
- Vitamin D
- Zinc
- Physical activity
- Fluids and dehydration

#### **Module Three: Preventing Malnutrition**

This module outlines the causes and symptoms of malnutrition, explains how to prevent malnutrition from occurring and details how the condition can be treated.

- Reasons for malnutrition
- People at risk
- Symptoms of malnutrition
- Body Mass Index
- Treating malnutrition
- The Malnutrition Universal Screening Test

#### **Module Four: Tips for Fortifying Food**

This module explains how you can encourage weight gain in people who are malnourished, and provides meal tips and easy recipe ideas for fortifying foods.

- Encouraging weight gain
- Diabetes
- How to fortify foods
- Recipes and suggested foods
- Fortified drinks

## Aims of the Training

By the end of this course, learners will:

- Understand some of the reasons for poor nutrition amongst the ageing population.
- Have knowledge of the nutritional requirements of the older generation.
- Understand the causes, symptoms and treatment of malnutrition.
- Understand the importance of encouraging weight gain when older people are suffering from malnutrition.
- Know how to fortify some common foods to improve their nutritional and calorific content.