NUTRITION FOR THE ELDERLY
COURSE CONTENT OVERVIEW
This Nutrition for the Elderly course provides a comprehensive introduction to the nutritional requirements of people in later life in order to help improve their everyday diets, maintain health and reduce the strain on the UK healthcare system.

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 people in later life.

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 face when making food choices, explaining how these have an impact on nutritional intake.

- Muscle mass and protein intake
- Mental health
- Food choices
- Nutritional recommendations
- Reduced nutritional intake

Module Two: Nutritional Requirements
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
- Zinc
- Physical activity
- Bone health
- Vitamin D
- Fluids and dehydration

Module Three: Malnutrition
This module outlines the causes and symptoms of malnutrition so that the condition can easily be identified, prevented and resolved. The module explains when it is necessary to see a doctor and details some of the treatment methods used for people who are under-nourished.

- Reasons for malnutrition
- People at risk
- Symptoms of malnutrition
- When to see a GP
- Treatment
- MUST

Module Four: Fortifying Food
This module explains how you can encourage weight gain in people who are malnourished, providing meal tips and ideas for fortifying foods and adding extra calories and vitamins to the diet.

- Encouraging weight gain
- Diabetes
- How to fortify foods
- Fortified drinks
- Adding vitamins
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.