

Well Being of Older People in Communities – What about Nutrition?

National Association of Care Catering

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The way forward



2000

2012



Shifting sands of delivery of Adult Care Services

- Keeping older people in their own homes rather than Care Homes
- Closure of Local Authority Care Homes
- Early intervention Strategies
- Use of community volunteers (the big society)

The Challenges

Ageing population

23 % of the population by 2033

Increase in dementia in the next 10 years by 34%

All will need good nutritional care

Over 9 million people are relying on the Care system

Current malnutrition figures

- £13.6 Billion spent on treating malnutrition in the UK
- 1 in 10 over 65's at risk of malnutrition
- 3 million at risk at anytime in UK

Over 100 illnesses related to poor nutrition

The impact on older peoples health

- Social Isolation
- Not being able to get to shops
- Loss of ability to cook etc
- Lack of motivation
- Tea and biscuit diet

CQC Outcome 5 Nutrition Toolkit

- Developed originally for the CQC Inspectors
- Now shared to all in the care sector
- Aim to raise the standard of nutritional care

Further promotion and enrichment

- Raising awareness of the role of good nutrition and hydration in the care sector
 - How it improves the quality of life
 - How it reduces the burden on Health Services
 - How it reduces budgetary pressures

Thank you

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