

Access to Food for Older People – *What are the Issues?*

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Older people and malnutrition

- 1 in 3 older people living in the community are suffering from malnutrition
- Up to 80% of cases go unrecognised

Food Insecurity & Older People - What are the causes and what can be done?

- Poor mobility
- Social isolation
- Poor knowledge and skills
- Limited financial resources

Role of Dietitians in the community

Mrs P

- 84 year old female
- Limited family support
- Lives alone in own unit
- Depressed
- Early signs of dementia
- Unable to prepare meals + shop



Interventions established

- Services increased
- Meal plan provided to all services involved
- Nutritional supplement arranged

Required a coordinated approach with both service providers and the Dietitian

The outcomes...3 months later

- Weight increased by 3kg
- Mobility improved
- Appetite improved
- Reported to be feeling better about self
- **Improved quality of life**

In Summary...

- Improving access to food for older people
CAN address the issue of malnutrition
- For this to occur requires:
 - Appropriate services to assist those with limited mobility, social and financial issues
 - Access to Community Dietitians