

Greater Manchester Nutrition and Hydration Programme



EATING AND DRINKING WELL IN LATER LIFE

The Greater Manchester Nutrition and Hydration programme

1 in 10 older people don't eat and drink enough to maintain a healthy weight. This has a big impact on their well-being and independence and also means they are more reliant on health and social care services.

The Greater Manchester Nutrition and Hydration programme is a 2-year pilot programme for Bolton, Bury, Oldham, Rochdale and Stockport which aims to make sure that older people (65+) are eating and drinking well enough to remain healthy and independent.

Our vision is for staff, volunteers and carers across all parts of the community to use the Paperweight armband assessment to talk to older people about nutrition and hydration and give front-line advice.

Free training and materials are now available for staff and volunteers in health, social care and community settings. For more information please visit the website, follow us on Twitter (@GMNandH) and get in touch (contact details on the back page).

"Lots of tips and tools for spotting malnutrition and dehydration and steps we can take to prevent hospitalisation. Easy tools for identifying malnutrition which are perfect for our setting" Sarah Turner, Housing Scheme Manager, Anchor's Elm Leigh

PaperWeight
helping fight malnutrition

For more details visit:

www.ageuksalford.org.uk

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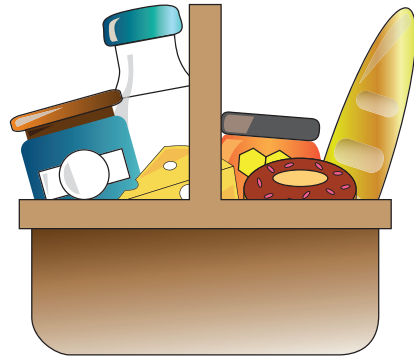
Know the signs, look out for:

- F** Feeling weak, tired, cold or ill often
- O** Oversized or loose clothes, jewellery and dentures
- O** Oral/ mouth problems e.g. chewing or swallowing
- D** Disinterest in food, loss of appetite
- S** Sudden or unplanned weight loss

Why change?

Getting enough food and drink will give:

- More energy
- Improved balance
- Better mobility
- Fewer illnesses
- Quicker recovery
- Greater independence for longer



What can I do?

A few small changes can make a big difference. If people are struggling to maintain a healthy weight they should be encouraged to:

- Have snacks between meals
- Choose full fat food and drinks
- Add extra cheese, butter, milk and cream to food
- Have 6-8 drinks per day (200ml cup/glass)
- Eat tasty food they enjoy
- Make quick and easy meals or ready meals
- Use tinned and frozen food to make preparation easier
- Make eating a social event
- Get fresh air before they eat to boost their appetite



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