

Improving Nutrition Seminars 2017

2 DAY PROGRAM (REGISTER FOR 1 OR 2 DAYS)

DAY 1 SESSIONS	
Dementia/Frailty and Nutrition Care	
8.00 to 8.30	Registration
8.30 to 10.00	What is good nutrition for older people? <ul style="list-style-type: none"> - At home/ in aged care - Australian Guide to Healthy Eating - is it relevant? - Dementia prevention - is it possible? - Mediterranean diet - Constipation management - Hydration
10.00 to 10.30	Morning tea
10.30 to 12.00	Dementia <ul style="list-style-type: none"> - What is dementia? - How does dementia impact nutrition? - Practical strategies to improve intake - Finger foods Dining experience <ul style="list-style-type: none"> - Home delivered meals - Community meals - Protected meal times
12.00 to 1.00	Lunch
1.00 to 2.30	Frailty <ul style="list-style-type: none"> - Malnutrition - Sarcopenia - Falls - Wounds - Malnutrition screening - Nutrition support strategies - Palliative care
2.30 to 3.00	Afternoon tea
3.00 to 4.30	High Protein High Energy Diets <ul style="list-style-type: none"> - Practical fortification strategies - Supplements - when to use them? Diabetes and Obesity <ul style="list-style-type: none"> - Is there a role for diet? - Well elderly vs frail

DAY 2 SESSIONS	
Menu Planning: Is Your Menu Audit Ready?	
8.00 to 8.30	Registration
8.30 to 10.00	Core Food Groups <ul style="list-style-type: none"> - Australian Guide to Healthy Eating - Achieving recommended serves in your menu - Meeting protein needs of the older person - Vegetarian options
10.00 to 10.30	Morning Tea
10.30 to 12.00	Menu planning <ul style="list-style-type: none"> - Models of food service - Choice - Menu structures - meals and snacks - Catering for cultural/religious needs Policy/Planning <ul style="list-style-type: none"> - Nutrition Policy - Documentation - Resident consultation - Standard recipes - Standard serves - Training
12.00 to 1.00	Lunch
1.00 to 2.30	High Protein High Energy Diets <ul style="list-style-type: none"> - Brief summary from Day 1 - Fortify the menu vs individual fortification strategies Texture Modified Diets <ul style="list-style-type: none"> - What's new? - What's practical? - Innovative strategies
2.30 to 3.00	Afternoon Tea
3.00 to 4.30	Special Diets <ul style="list-style-type: none"> - Gluten Free - Allergies - Intolerance - Low lactose Where to from here?