

# Improving Nutrition Seminars 2020

## 2 DAY PROGRAM

DAY 1 SESSIONS	
Improving Nutrition Care	
8.00 to 8.30	<b>Registration</b>
8.30 to 10.00	<b>Good Nutrition for Older People</b> <ul style="list-style-type: none"> <li>- Well older person vs frail older person</li> <li>- Australian Guide to Healthy Eating</li> <li>- Dementia prevention?</li> <li>- Hydration</li> <li>- Constipation management</li> </ul>
10.00 to 10.30	<b>Morning Tea</b>
10.30 to 12.00	<b>Dementia</b> <ul style="list-style-type: none"> <li>- How does dementia impact nutrition?</li> <li>- Practical strategies to improve intake</li> <li>- Finger foods</li> </ul> <b>Dining experience</b> <ul style="list-style-type: none"> <li>- Protected meal times</li> </ul>
12.00 to 1.00	<b>Lunch</b>
1.00 to 2.30	<b>Frailty</b> <ul style="list-style-type: none"> <li>- Malnutrition/ Sarcopenia</li> <li>- Malnutrition screening</li> <li>- Nutrition support strategies</li> <li>- Wounds and nutrition needs</li> </ul> <b>High Protein High Energy Diets</b> <ul style="list-style-type: none"> <li>- Practical fortification strategies</li> <li>- Supplements – when to use them?</li> </ul>
2.30 to 3.00	<b>Afternoon Tea</b>
3.00 to 4.30	<b>Diabetes management in aged care</b> <ul style="list-style-type: none"> <li>- Is there a role for a diabetes diet?</li> <li>- Well elderly vs frail</li> </ul> <b>Obesity</b> <ul style="list-style-type: none"> <li>- Benefits and risks of obesity</li> </ul>

DAY 2 SESSIONS	
Menu Planning + IDDSI + Special Diets	
8.00 to 8.30	<b>Registration</b>
8.30 to 10.00	<b>Menus</b> <ul style="list-style-type: none"> <li>- Standards for menu planning</li> <li>- Achieving the recommended serves in your menu</li> <li>- Menu structures - meals and snacks</li> <li>- Catering for individual needs</li> </ul> <b>Policy/Planning</b> <ul style="list-style-type: none"> <li>- Nutrition Policy</li> <li>- Documentation</li> <li>- Training</li> </ul>
10.00 to 10.30	<b>Morning Tea</b>
10.30 to 12.00	<b>Texture Modified Diets</b> <ul style="list-style-type: none"> <li>- New IDDSI standards</li> <li>- What's new?</li> <li>- What's practical?</li> <li>- Thickened fluids</li> </ul>
12.00 to 1.00	<b>Lunch</b>
1.00 to 2.30	<b>Texture Modified Diets</b> <ul style="list-style-type: none"> <li>- Presenting pureed meals</li> <li>- Molds: are they really the best option?</li> <li>- Innovative ideas</li> </ul>
2.30 to 3.00	<b>Afternoon Tea</b>
3.00 to 4.30	<b>Special Diets</b> <ul style="list-style-type: none"> <li>- Gluten Free</li> <li>- Allergies vs Intolerance</li> <li>- Milk free vs Low lactose diets</li> </ul> <b>Where to from here?</b>