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Cooking under Pressure - Nutritional Makeover Tips for Seniors

Good nutrition is the first line of defence to keep seniors healthy and independent, according to a new study about the effect of nutrition on older adults. The study, commissioned for the caregiving company Home Instead Senior Care, involved an online survey of seniors and their family caregivers. The survey found that the caregivers are concerned about their senior's not getting proper nutrition, and that they frequently do their food shopping for them or with them.

Director of Home Instead Senior Care, Martin Warner said "Every day we see seniors whose health is being impacted by such issues as multiple medications and illnesses," "Nutritious meals help seniors stand strong against everyday life and ageing."

According to the study, 57 per cent of adult children caring for an older adult (average age 81) reported three or more nutritional risks in their senior, such as:

1. Taking three or more prescribed or over-the-counter drugs per day.
2. An illness or condition that made the senior change his or her diet.
3. Having lost or gained 5 kilograms in the past six months without trying.

The importance of nutrition to healthy ageing is why Home Instead Senior Care has launched the **Cooking Under Pressure** nutrition campaign to provide education and support to seniors and their family members who are sometimes stressed by the demands of caregiving. Partnering with nutrition experts at the University of Maryland and Duke University Medical Centre, the company has developed a handbook of nutrition tips as well as healthy recipes for seniors.

"Inability to shop and knowing how to cook nutritious meals for one person can be major challenges for seniors, especially among recently hospital-discharged older adults," said Mr Warner.

The handbook is available free through your local Home Instead Senior Care office. It includes:

- Signs that your senior's diet needs a nutritional makeover
- Senior Shopping Tips
- Foods your senior's menu shouldn't be without
- Nutritious and delicious recipes

How can you find out more?

Everyone can access the *Cooking Under Pressure* booklet, other helpful resources and more recipes from the Cooking Under Pressure program from the Home Instead Website <http://www.homeinstead.com.au/resources/default.html> or call your local Home Instead Office.

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For media enquiries call

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ABOUT HOME INSTEAD SENIOR CARE

Home Instead Senior Care is a non-medical provider of home care services for older people supporting its clients to live an independent lifestyle in their own home for as long as possible.

Home Instead CAREGivers are screened, trained and fully insured to assist older people – from a few hours a day to up to 24 hours a day - with a range of non-medical services including personal care, companionship, light housekeeping, meal preparation, medication reminders, transport for appointments, shopping and errands; respite and convalescence care; early stage dementia and Alzheimer's care.