GET INVOLVED!

Nutrition and Hydration training

This training will give you simple and practical tips and tools to make a big difference.

**Duration:** 60-90 minutes

**Location:** Flexible in Bolton, Bury, Oldham, Rochdale or Stockport

In the training session you will learn about why some people lose weight as they get older, how you can spot this and how you can support people to eat and drink well.

Following this training we will ask you to keep track of your conversations to feed into the evaluation.

- Do you work with older people?
- Do you want to support them to live well and live independently?

Sign up for training for you and your team by emailing econnolly@ageuksalford.org.uk

**Greater Manchester Nutrition and Hydration Programme**

**Did You Know?...**

1 in 10 older people are undernourished | Over 90% of these people live in the community

**You Can Make A Difference**

With simple advice and support, weight loss and dehydration can be prevented.

**Greater Manchester Nutrition & Hydration**

- **Bolton:** nicola.calder@ageuksalford.org.uk
- **Bury:** carmel.berke@ageuksalford.org.uk
- **Oldham:** marie.price@ageuksalford.org.uk
- **Rochdale:** martin.hazlehurst@ageuksalford.org.uk
- **Stockport:** siobhan.mckenna@ageuksalford.org.uk
- **All areas:** emma.connolly@ageuksalford.org.uk

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E-learning tool on malnutrition and swallowing difficulties

FREE interactive e-learning tool designed for anyone providing care in a paid or unpaid role.

Content

• Malnutrition, including how to identify and prevent it and stimulate weight gain
• Dietary advice for people at risk of malnutrition
• Advice, information and experiences of carers and health-care professionals
• Dysphagia (swallowing difficulties)
• Texture modified foods and thickened liquids – including changes to IDDSI

Who is it for?

Care home staff
Home carers
Adult social care
Voluntary organisation staff and volunteers
Hospital staff
Unpaid/family carers

Quality standards

CQC regulation 14
NICE quality standard 24
Care certificate standard 8
Certificate upon completion

For more details visit: www.ageukalford.org.uk

How to access

Go to the website: www.paperweightarmband.org.uk