

TABLE 1: Links From Tool Kit to Guidelines¹

Tool Kit	Guidelines ¹
Screening and assessing nutrition needs	<p>A resident's food and nutritional needs should be determined or entry to an aged care facility and reviewed regularly [Chapter 1, pg 3].</p> <p>To determine if residents are getting enough food, monitor weight, plate waste and food intake [Chapter 3, pg 19].</p> <p>Weight loss is not a normal part of growing old. As people age it should not be considered normal or expected that weight loss occurs. Better health is achieved by maintaining weight or by being slightly overweight [Chapter 19, pg 119].</p>
Accurate measurement	To determine if residents are getting enough food, monitor weight, plate waste and food intake [Chapter 3, pg 19].
Medicare allied health rebate Accredited practising dietitian	A resident's food and nutritional needs should be determined or entry to an aged care facility and reviewed regularly [Chapter 1, pg 3].
Food options and preferences <ul style="list-style-type: none"> • Food tasting sessions • Cook on-site options • Resident food surveys • Energy-dense snacks • Recipe book 	<p>Resident likes and dislikes need to be established, documented and reviewed every 3-6 months [Chapter 10, pg 57].</p> <p>A system should be in place so that all staff are aware of resident food and eating issues [Chapter 9, pg 49].</p> <p>A menu plan should ensure continued food quality and variety [Chapter 7, pg 45].</p> <p>Residents and/or family should be involved in menu planning, mealtimes, meal sizes and the use of utensils [Chapter 8, pg 49].</p> <p>Any menu will need to:</p> <ul style="list-style-type: none"> • Offer at least 2 choices for the main dish at each meal [Chapter 10, pg 57]. • Provide nutritionally acceptable alternatives for residents who dislike the first choice on the menu [Chapter 10, pg 57].
Plate waste	To determine if residents are getting enough food, monitor weight, plate waste and food intake [Chapter 3, pg 19].

1. Bartl R, Bunney C. *Best Practice Food and Nutrition Manual for Aged Care Facilities*. Gosford: Australian Nursing Home and Extended Care Association; 2004.

<p>Food quality:</p> <ul style="list-style-type: none"> • Taste-fatigue • Pureed meals • Food temperatures 	<p>Resident likes and dislikes need to be established, documented and reviewed every 3-6 months [Chapter 10, pg 57].</p> <p>A system should be in place so that all staff are aware of resident food and eating issues [Chapter 9, pg 49].</p> <p>A menu plan should ensure continued food quality and variety [Chapter 7, pg 45].</p> <p>Any menu will need to:</p> <ul style="list-style-type: none"> - Be flexible enough to provide sufficient variety for those on texture modified diets [Chapter 9, pg 53]. <p>When planning a menu, resources such as storage space, staff, equipment, food supplies and time should be considered along with budgeting and food ordering [Chapter 7, pg 45].</p>
<p>Broadening the sensory experience</p> <ul style="list-style-type: none"> - Dining room - Challenging behaviours 	<p>A comfortable dining environment and pleasant relaxed atmosphere can improve appetite and food enjoyment [Chapter 14, pg 81].</p> <p>While it is acknowledged that some residents will always need assistance, many will be able to eat with some degree of independence if provided with appropriate equipment and support [Chapter 4, pg 25].</p> <p>Coping with food-related behaviour that comes with dementia often involves common sense and a trial and error approach [Chapter 20, pg 129].</p>