

Webinar: The Role of Family Caregivers in Older Adult Nutrition

Presented By: Tara Hammes, RDN and Dawn Rutherford, MS, RDN

March 30, 2022



About NCECE

Who We Are: Established in 2017, the National Center for Equitable Care for Elders (NCECE) is a training and technical assistance Center that provides innovative and culturally competent models of care, inter-professional training and educational resources to health care professionals providing care to older adults.

Our Mission is to build strong, innovative and competent health care models by partnering with CHCs, PCAs and FQHCs to provide quality and inclusive care for older adults.

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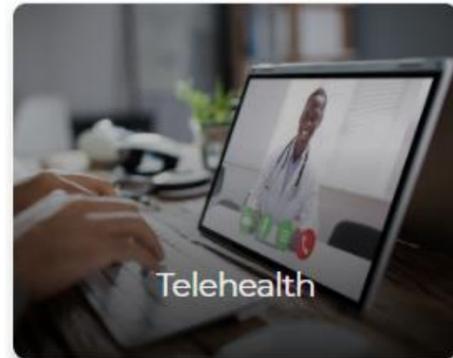


National Center for Health in Public Housing



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COVID-19 Resources



<https://www.healthcenterinfo.org/priority-topics/covid-19/>



Reminders

- Please stay muted to prevent echo and background noise
- Use the Q&A or chat box to ask a question during the session
- This webinar is being recorded and materials will soon be emailed to participants
- We would love to hear your feedback – please fill out our brief evaluation at the end of the session!

Learning Objectives

- Understand risk factors for malnutrition in community-dwelling older adults
- Explain the importance of tailoring dietary recommendations to personal and cultural preferences
- Develop strategies for engaging family caregivers to improve their understanding of nutritional guidelines

Today's Guest Speakers



Tara Hammes, RDN



Dawn Rutherford, MS, RDN





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NATIONAL CENTER
FOR EQUITABLE CARE FOR ELDER



The Role of Family Caregivers in Older Adult Nutrition

March 30, 2022





FRIENDSHIP NOW connect smile **healing**
kindness • COMPASSION purpose
caregiver healthcare patience
long term **sense**
respect trust GRACE
support **LOVE** UNCONDITIONAL nurture
time activity mobility dignity **family** THERAPY
inclusion *community*



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What's the Process?

- **Understand** risk factors for malnutrition in community-dwelling older adults
- **Explain** the importance of tailoring dietary recommendations to personal and cultural preferences
- **Develop** strategies for engaging family caregivers to improve understanding of nutrition guidelines



1. Understand risk factors for malnutrition in community-dwelling older adults



Other than limited incomes, what contributes to malnutrition?

- Declining mental functioning
 - hard to prepare or keep track of what one eats
- Physical handicaps
 - cooking or carrying food difficult
- Medication
 - effects appetite, absorption and elimination of nutrients
- Transportation
 - no longer driving, public transportation insufficient



1. **Understand** risk factors for malnutrition in community-dwelling older adults

- Ask specific questions
 - Not just 'what are you eating and how much?'
 - Who do you live with, who do you eat with, has that changed?
 - Do you cook, what equipment do you use, does the equipment work?
 - Where do you get your food?
 - Start the conversation:
https://www.dietaryguidelines.gov/sites/default/files/2021-11/DGA_FactSheet_Clinicians_07-09_508c.pdf
- Don't wait for weight loss

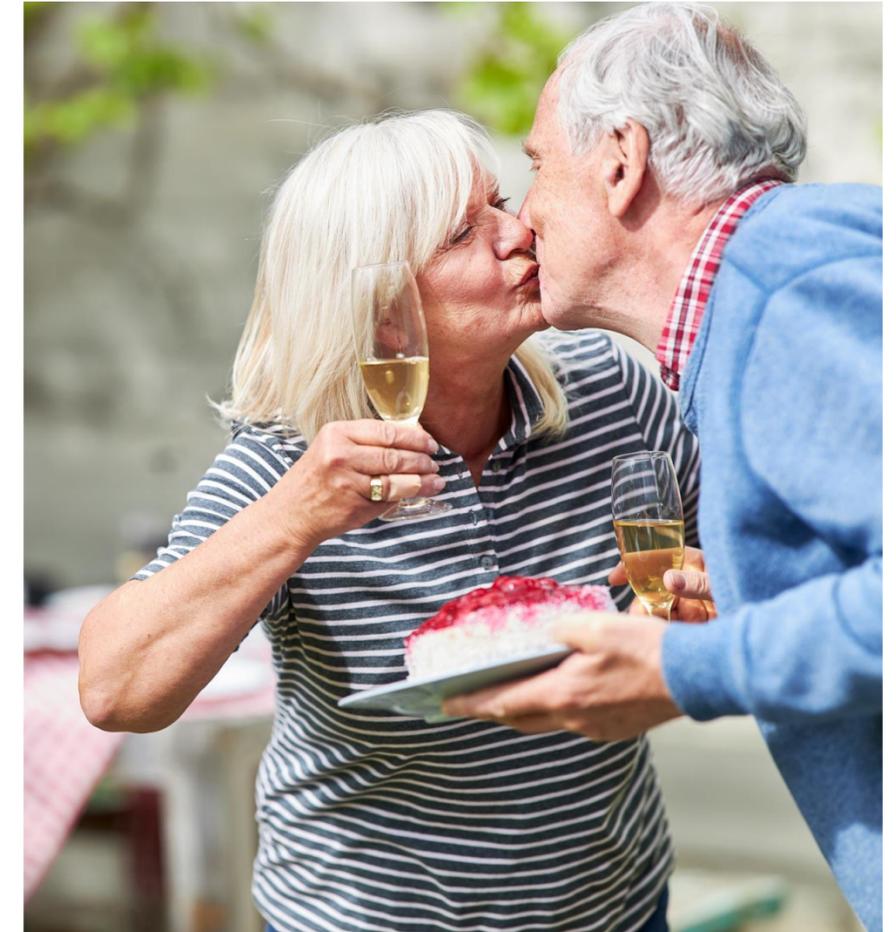
1. Understand risk factors for malnutrition in community-dwelling older adults

Hunger Vital Sign

<https://childrenshealthwatch.org/public-policy/hunger-vital-sign/>

Malnutrition Screening Tool

https://static.abbottnutrition.com/cms-prod/abbottnutrition-2016.com/img/Malnutrition%20Screening%20Tool_FINAL_tcm1226-57900.pdf



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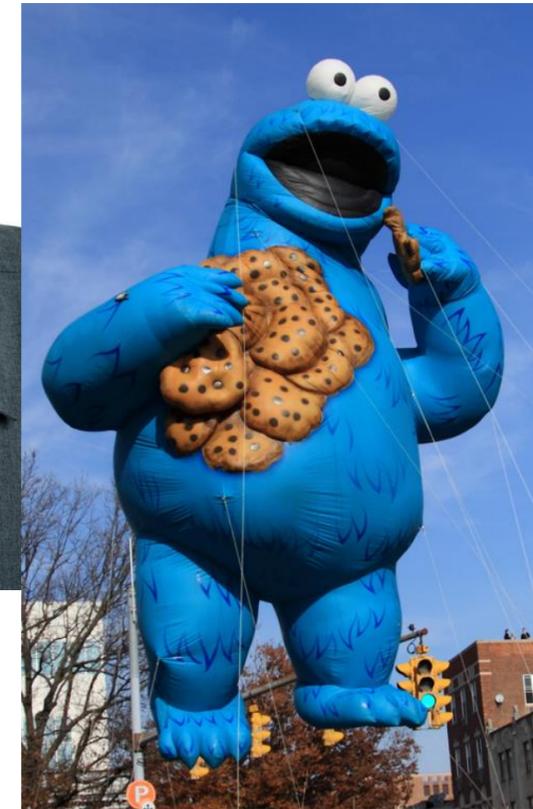
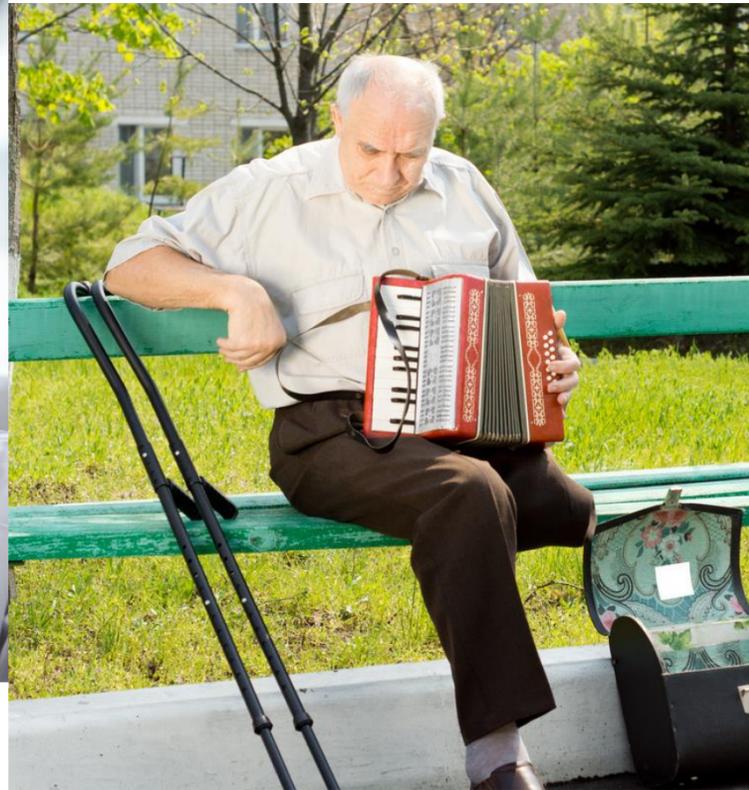
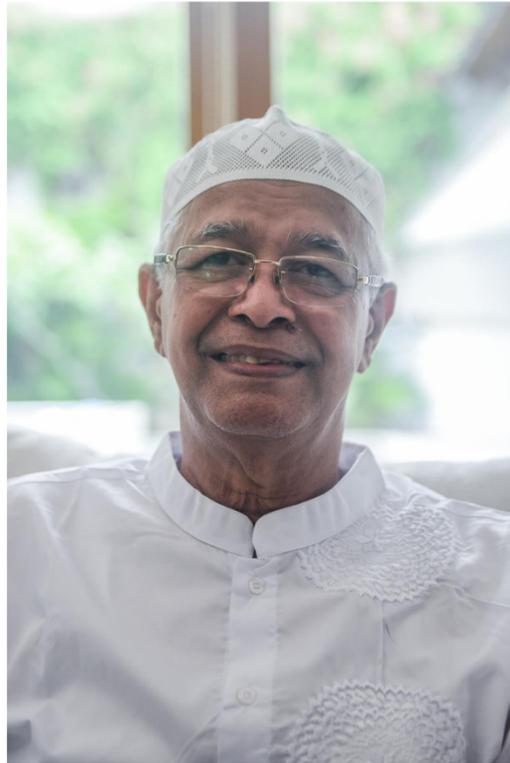


What is 'tea and toast syndrome'?

- How you eat when you're sick
- Eating the same thing every day
- The millennial generation's insult of British culture
- A way of eating among older adults contributing to malnutrition



2. Explain the importance of tailoring dietary recommendations to personal and cultural preferences



2. **Explain** the importance of tailoring dietary recommendations to personal and cultural preferences



Adaptive kitchen tools

- <https://www.activeforever.com/c-adaptive-kitchen-aids>

MyPlate Kitchen

- <https://www.myplate.gov/myplate-kitchen/recipes>





Cooking Equipment

- Blender (58)
- Grill (9)
- Microwave (47)
- Oven (278)
- Electric Skillet (183)
- Slow cooker (3)
- Stovetop (423)
- Toaster (5)
- Toaster oven (2)
- Wok (5)
- No Cooking Required (221)

Cuisine

- American (116)
- Asian (28)
- Latin American/Hispanic (125)
- Mediterranean (19)
- Middle Eastern (10)
- Native American (19)
- Southern (73)
- Vegetarian (628)

Total Cost

- \$\$\$\$ (509)
- \$\$\$ (396)
- \$\$ (113)
- \$ (55)



20 Minute Chicken

This Creole-inspired dish uses chil pepper to spice it up. Tomatoes, g

★★★★★
\$\$\$\$



3-Can Chili

With almost no cooking required i just open cans of beans, corn, and

★★★★★
\$\$\$\$



5 A Day Bulgur Wh

Bulgur is the star whole grain of th colorful salad.

★★★★★
\$\$\$\$



5 A Day Salad



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3. **Develop** strategies for engaging family caregivers to improve understanding of nutritional guidelines

- Listen to needs and identify what assistance they require
 - do they need a cookbook, more information on a OA's diet, what resources, where to send them for food, etc.
- DGA for older adults (Chapter 6, p.121)
 - https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf
- DASH eating plan (one week)
 - <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/week-dash-eating-plan>



Know Your Resources



- SNAP
- Supplemental SNAP
- P-EBT
- WIC
- Title IIIC (home delivered and congregate meals)
- Commodity Supplemental Food Program
- Brown Bag
- Farmer's Market Coupons/Homebound Produce
- Community Supported Agriculture regular/senior shares
- Food rescue
- Choice food pantry, meal program
- many, many more . . .



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<https://mcoaonline.com/wp-content/uploads/2020/10/Nutrition-Community-Checklist-Self-Assessment.pdf>

Nutrition Community Checklist: A Self-Assessment

This assessment helps you identify available food and nutrition resources in your community and consider next steps to decrease older adult malnutrition. If you prefer to complete this via phone or video, contact Tara Hammes at tara@mcoaonline.com or 413-923-2160.

FOOD

- 1 What are the local supermarkets?
- 2 What are the local corner stores?
- 3 Where else do older adults shop for food?
- 4 What are the farm stands?
- 5 What are the farmers' markets?
- 6 Is there a Brown Bag program?
- 7 Is there a Commodity Supplemental Food Program?
- 8 In what food bank territory are you?
- 9 What are the local food pantries and meal programs (aka soup kitchens)?
- 10 Who runs your home-delivered meals program (meals-on-wheels)?
- 11 Do you have a meal program in your center?
- 12 Where are the older adult meal programs?
- 13 Does the COA have it's own café/bistro?
- 14 Which COVID-19 federal food distribution programs did you participate in?
- 15 Are there community gardens? Does the COA have it's own garden?
- 16 What are the food rescue programs (unused food picked up from restaurants/grocery stores)?
- 17 What are the mobile markets?
- 18 What are the community supported agriculture programs?

Screenshot



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San Diego PACE

Program of All-Inclusive Care for the Elderly



The Role of Family Caregivers in Older Adult Nutrition

Dawn Rutherford MS, RDN

Registered Dietitian Nutritionist



**SAN YSIDRO
HEALTH**

We are here for you!

San Diego PACE

Program of All-Inclusive Care for the Elderly



What is PACE?

San Diego PACE

Program of All-Inclusive Care for the Elderly



PACE

- Program of All Inclusive Care for the Elderly
- Health Plan & Primary Care Provider
- San Diego PACE Mission Statement:
 - To ensure seniors get the care they need to lead healthy, happy and independent lives



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Program of All-Inclusive Care for the Elderly



SAN YSIDRO
HEALTH

PACE Facilities



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Qualifications



**55 Years
Old or older**



**Living in
Covered
Zip Codes**



**Living Safely
& Independent**



**Need a Level
of Care**

NOTE: A participant can dis-
enroll from
PACE at **ANY TIME**

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HEALTH



Services Covered



Full Dental and Optometry

Rehabilitation therapy

Behavioral Health Services

Prescription Medication

Physical Therapy Department

Home Health Care

Transportation to all PACE related activities

Equipment (walkers, wheelchairs)

Health Educator (Diabetes, nutritional)

Built-In Caregivers

Nursing Care

Hospital care and surgeries

24/7/365 Access to healthcare

Follow up after hospitalizations

Nursing home placement if/when needed

Medical tests (MRIs, X-rays, screenings, labs)

And More!

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PACE Interdisciplinary Team

IDT assess need, deliver and manage all participant care



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PACE Dietitian's Mission

- Make sure the older adults we serve have access to and are consuming the right foods to optimize their nutritional status
- Provide education, support and strategies to participants and caregivers to help prevent **malnutrition**

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Common Causes of Malnutrition in Older Adults

- Medical Issues
 - Natural Aging Process
- Socioeconomic status



Medical Risk Factors for Malnutrition in Older Adults

- Dysphagia
- Dementia
- Poor dentition
- Reduced senses
- Decreased mobility
- GI issues
- Chronic disease management



Medical Risk Factors and Solutions

- Dysphagia
 - Mechanically altered diets
 - Thickened Liquids
 - Enteral Nutrition
- Dementia
 - Meal times due to sun downing behaviors
 - Community dining



Medical Risk Factors and Solutions

- Dysphagia + Dementia (Double Ds!)
 - Bright colors
 - Increase palatability
 - Flavor enhancing strategies
 - Food molds



Medical Risk Factors and Solutions

- Poor dentition / Ill fitting dentures
 - Soft foods
 - Nutrient dense
- Reduced sense of taste, smell, eye sight, thirst
 - Add seasoning
 - Visually appealing
 - Promote adequate hydration



Medical Risk Factors and Solutions

- Decreased mobility and motor skills
 - Adaptive equipment
 - Feeding assistance/supervision
- GI issues
 - Medication side effects
 - Diarrhea, Constipation, Heart Burn
 - Limiting/avoiding certain foods
 - Extreme digestive problems requiring enteral or parenteral nutrition



Dietary Restrictions for Chronic Diseases

- **DM2**
 - Small frequent meals; reduced carbohydrate; high protein
- **Heart Disease / HTN**
 - Heart healthy; Mediterranean style diet; low Na
- **ESRD**
 - Limit foods high in Na, K and phos
- **Obesity**
 - Planned wt loss regime per MD order



Lifestyle Risk Factors for Malnutrition in Older Adults

- Lack of knowledge about food, cooking, and nutrition
- Loneliness/Isolation
- **Food Insecurity**
The disruption of food intake or eating patterns because of lack of money and other resources



Food Insecurity Causes

- Food desert
- Decreased mobility
- No transportation
- Unable to work
- Low/fixed income
- Language Barrier



Food Insecurity Solutions

- Community Senior Programs
- Local PACE program
- SNAP/ Calfresh
- Home delivered meals
 - MOWs
 - Senior meal deliveries (Mama's kitchen, Mom's meals, Jewish Community Center)
- Shop smart
 - Shelf stable
 - Frozen vs. fresh
 - Convenient
 - Nutritional dense



Strategies to Engage Caregivers

- Classes/Workshops/Events
- Support groups
- Adult day centers and respite
- Consult with registered dietitian nutritionist

<https://www.caregivercenter.org>



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Questions?

Thank You!

We appreciate your participation in this webinar. Please take a moment to provide your feedback by taking a brief survey!

The link will be in the chat box and will also open in a separate window when you exit this session.

