



Nutrition

Sharing your care



Balhousie Care Group
sharing your care

www.balhousiecare.co.uk

All the ingredients for success

Making sure residents have nutritious food and drinks is central to the good care delivered every day at Balhousie Care Group. Food is fundamental to good health, but can be especially critical to the well-being of older people.

As part of your personalised care package, we will discuss nutritional needs and personal preferences to ensure all aspects of your nutrition is fully catered for when you arrive at your new home.

Your care will always include a best-practice approach to the ongoing monitoring of your nutritional needs, so that we can respond to any changes in dietary requirements stemming from periods of illness, promote good health through a well-planned diet. In doing so, we follow national recommendations by the Scottish Commission for the Regulation of Care, and you or a family member can contribute to your personal on-going care planning and evaluation.

As well as ensuring that our menus feature tasty produce, they also reflect feedback provided from residents and their families as well as incorporate seasonal favourites. We also ensure there are suitable choices for those with individual dietary requirements.

Each weekly menu covers choices for breakfast, lunch, evening meals and snacks and it is planned to provide dishes that meet recommended allowances for total and saturated fat, salt, sugar and vitamins and minerals: everything you need for a well-balanced diet.



Our commitment to nutrition has five key themes.

1. Assessment and care planning

- The initial screening of your nutritional needs and preferences; which will include a check of your general oral health and ability to swallow.
- This care plan is evaluated and assessed regularly, particularly if there is any change in your general health.

2. Promoting a nutritious diet

- Our managers and relevant staff understand the constituents of a nutritious diet, and plan menus and supplementary snacks appropriately.

3. A caring environment

- Meal times are a great opportunity for residents to meet and enjoy good food and good company. (Family or friends are always welcome to join you at meal times.)
- We actively encourage residents to take their meals together, in the dining room at each home; but if circumstances prevent this your meal can be brought to your room.
- We aim to make meal times a great experience for all residents

4. Proper management

- A five-step screening tool called MUST (Malnutrition Universal Screening Tool) is used consistently across hospitals and care settings to plan nutrition. It helps to identify

those who have special dietary requirements because they are malnourished, at risk of malnutrition (undernutrition), or obese, and also includes guidelines that we follow to develop individual care plans reflecting any health issues you may have.

- Trained staff manage the provision of food and drink at our homes and they maintain contact with other local professionals, including dieticians and GPs, to enhance the management of nutrition for residents.

5. Education and training

- All our care home staff, including managers, nurses, care assistants and catering team members, are trained to be aware of the benefits of managing nutrition appropriately and the consequences of malnutrition.
- Relevant staff are trained to complete the MUST screening tool accurately, ensuring your care plan is both timely and thorough.
- A programme of ongoing reviews of practice, across all our homes, ensure high standards of nutritional care are maintained.
- We adopt a 'whole home' approach to nutrition and provide all care assistants with training on the importance of food and fluids.
- Relevant staff are trained on the effects of dysphagia on nutrition, (difficulty in swallowing).

If you have any questions regarding nutrition please ask the Care Home Manager.



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