



# Food, nutrition and dining: a reflection on practice

A training resource for aged care  
providers and their workforce

**Food, Nutrition  
and Dining Hotline**  
**☎ 1800 844 044**



Date: revised October 2024



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**Aged Care Quality and Safety Commission**

**Food, nutrition  
and dining**



# Agenda

- Why is Food, Nutrition and Dining important?
- How is this relevant to our organisation?
- The dining experience
- Supporting residents with swallowing difficulties
- Supporting oral health
- Resident food and drink choices '
- Food, nutrition, dining and dementia



# Food, nutrition and dining: why is it important?

- Health and social outcomes
- Legislation and quality standards



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# Commission's food, nutrition and dining campaign

## 3 key priority areas



## Resources to learn about:

- Why is food, nutrition and dining important?
- How to identify issues and act early?
- How to empower residents?



# Food, nutrition and dining and us

How this fits with our values and  
policies at [insert organisation name].



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# Resident food and drink choices

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Food, nutrition and dining

A fact sheet for aged care staff and providers



## Supporting choice about food and drink in aged care

This fact sheet provides an overview for residential aged care staff (including chefs, cooks, food service and care staff) on the requirements and importance of supporting older people's rights to make informed decisions about their food, drink and dining experience.



**Choice is a person's right and this right does not change as people age or move into residential aged care.**

### Why choice matters

Supporting older people to make choices about all aspects of their food, drink and the dining experience is a key part of maintaining their health, wellbeing and quality of life in residential aged care.

The risks of limiting choice may mean older people are less likely to eat and drink. This can cause weight loss, malnutrition, reduced quality of life and wellbeing and dissatisfaction with care.

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A fact sheet for aged care residents



## Informed choice and supported decision making for people who eat and/or drink when there may be a risk

This fact sheet outlines your right to make choices about your food and drink. This includes how your care team can support you to make an informed choice about food or drink that may be a risk to your health.

### Why it's important

Swallowing difficulties, known as dysphagia, may mean when you eat or drink you are at risk of choking, repeated chest infections, malnutrition, dehydration or other risks. Each individual's risks are different. Choking where food blocks your airway can be distressing to those around you and can lead to sudden death. When food or liquid 'goes down the wrong way', it can lead to coughing or difficulty breathing.

Swallowing difficulties can be mild or sometimes make it very uncomfortable or hard to eat.

Swallowing problems may be noticed by you, a carer, a staff member, family member or when a new health condition arises, such as a stroke. Once aware, your care team need to discuss with you and your representative and work together to find a way forward. This means you are actively involved and are given choices about next steps.

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# Resident food and drink choices

## Reflective discussion

[Please insert selection of chosen discussion questions relevant to your staff]



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# The dining experience

[Introductory video](#)



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# The dining experience

## Reflective discussion

[Please insert selection of chosen discussion questions relevant to your staff]



# Supporting swallowing difficulties

[Introductory video](#)



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# Supporting swallowing difficulties

## Reflective questions

[Please insert selection of chosen discussion questions relevant to your staff]



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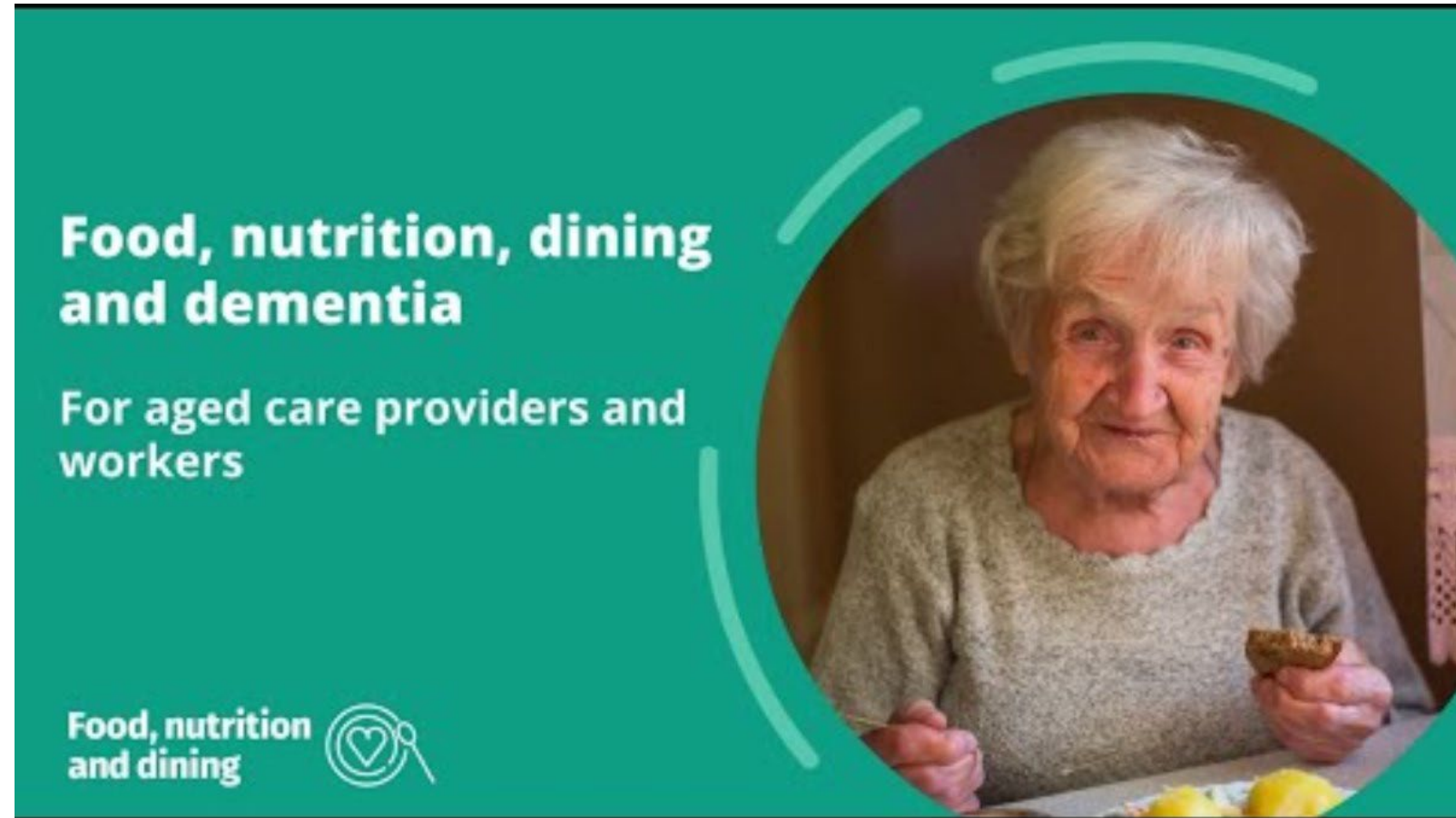
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# Food, nutrition, dining and dementia

[Introductory video](#)



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# Food, nutrition , dining and dementia

## Reflective questions

[Please insert selection of chosen discussion questions relevant to your staff]



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# More information



Check out the Commission's resources for:

- [Providers](#)
- [Workers](#)
- [Older people](#)

Log into Alis (the Aged Care Learning Information Solution) for interactive online learning

[learning.agedcarequality.gov.au](http://learning.agedcarequality.gov.au)

Providers' webpage



Older people's webpage



Workers' webpage



Alis online modules



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# The Commission is here to support you

Speak up if you have any concerns about the experiences of residents in your care.

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