

OLDER PEOPLE SPECIALIST GROUP

Spring 2025



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Chair's Welcome:

Welcome to our Spring Newsletter! The lighter nights are on their way and we've got a packed newsletter to keep you up to date. In February the committee held our annual in person meeting and were able to plan some exciting bits of work for the year ahead! Keep reading for details about our upcoming Annual General Meeting and webinar and keep an eye out for our new members spotlight section.

*Book!
Now!*

**The BDA Older People's
Specialist Group is
delighted to announce
our next webinar and
this year's AGM.**

**Thursday the 20th of March
6:30pm - 8:00pm**

Join us to hear from our four guest speakers, Dietitians Sarah Williamson, Joy Balance, Debbie McGugan and Emily Morgan, who will share their experiences and updates about their recent work in older people's nutrition.

The webinar will be followed by our AGM.

This event will be held on Zoom,
is open to all OPSG members
and is free to attend.



Sign up here:

*click
here!*



Members Spotlight

Reducing Malnutrition Prevalence in Sheltered Housing Complexes in Renfrewshire, Scotland

Eat Well Age Well is a project that aims to reduce prevalence and improve awareness of malnutrition in older people in Scotland. For this project we worked with the sheltered housing team in a local authority in Renfrewshire to implement training and malnutrition screening with the hope of reducing the prevalence of malnutrition among tenants.

Prior to the project staff had very little awareness of malnutrition and tenants were asked very little about their diet or appetite. Eat Well Age Well provided bespoke malnutrition awareness training and helped staff to embed the Patients Association Nutrition Checklist into their required six-monthly care plan reviews for tenants. They were also empowered to provide first line nutrient dense advice to tenants who were found to be at risk of malnutrition.

The checklist is an easy to use questionnaire that identifies older people who are at risk of malnutrition and is easy to embed into existing paper work and staff using it found it to be a useful tool in raising the topic of malnutrition. Empowering staff to give first line advice to tenants allowing malnutrition risk to be tackled early without having to involve a Dietitian or GP.

“

It presents an opportunity for tenants to mention any nutritional issues they may be experiencing. Sometimes broaching a subject reminds a tenant about a nutritional issue that they generally only think about at mealtimes.

”

Staff member

This project has been under way since February 2022 with many of the same tenants screened for malnutrition risk multiple times. Since 2022 the prevalence of malnutrition risk has reduced from 13% of tenants at risk to 4% of tenants at risk.



Overall the project has been successful in reducing malnutrition risk prevalence and staff have food the checklist and associated training to be useful in supporting tenants to eat well. More information about the project can be found here:

or you can contact
jen.grant@thefoodtrain.co.uk

*click
here!*

Share Your Project with Members Spotlight



Members Spotlight is open for submissions from any of our members. If you have a project, paper or any other news related to older people that you would like to shout about get in touch at olderpeople@bda.uk.com a small prize is available for any submission that is published in our newsletter

Events Coming Up

Prescribers Sub Group - Dietitians, prescribing for today and tomorrow - Study Day

Thursday 13th March

Are you looking for some CPD to support your prescribing practice? Looking to network with like-minded dietitians? Well look no further!

The Prescribers subgroup committee are delighted to announce their first face to face study day.



Nutrition & Hydration Week

17th-23rd of March



This is a great time of year to share how you are improving older people's nutrition and hydration!

Get involved on social media or visit their website to find out more about what's on.

In Person Meeting

In February the Older People Specialist Group committee met at the BDA headquarters in Birmingham. We took the opportunity to have an extended committee meeting to plan our work for the year ahead. It was a great opportunity for our committee members to meet in person and have some excellent conversations about the committee goals and how we can support our members and promote our specialism. Watch this space for news about our upcoming projects and how you can get involved!



Left to right: top row: Claire (Research Officer); Kato (Student Member); Jen (Chair); Ruth (Research Officer); Vittoria (Policy Officer); David (Treasurer); Lucy (Secretary); Alison (Policy Officer); bottom row: Selena (Web Officer); Lexi (Social Media Officer); Elaine (Resource Officer)

Not physically present: Dove (PR & Social Media Officer); Jojo (Events Officer).

You can find out more about our committee members, their day-to-day roles, and specialist interests on our new [web page](#).

If you have anything to share or suggestions for committee activities, please get in touch. Contact us via our email address or by following us on social media

@bda_olderpeople

olderpeople@bda.com

