

# OLDER PEOPLE SPECIALIST GROUP

**Autumn 2025**

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Hello and welcome to our Autumn newsletter!

This edition is packed with updates and information about how you can get involved with the committee. We're still on the look out for new volunteers to join our committee as treasurer or web editor so look out for more information about these roles in the newsletter.

We're also pleased to announce our new education and research grant! The grant is available to help our members carry out research or attend educational opportunities related to the older people specialism. Read on to learn more about the grant and how to apply!

# Join Our Committee

**Do you want to be more involved with the OPSG Committee?**

We have two vacancies open currently:

Treasurer - Our treasurer co-ordinates all financial matters within the committee

Web Editor - Our web editor is responsible for keeping our website up to date and co-ordinating and editing our newsletter

Training is available for both roles and volunteering with the OPSG committee is a great way to develop a wide variety of skills that can help you develop your career and is a wonderful opportunity to help support the development of our members and the older people specialism.

For a confidential and informal chat about what's involved with these roles you can contact our chair at [jen.grant@thefoodtrain.co.uk](mailto:jen.grant@thefoodtrain.co.uk)

More information on how to apply and full job descriptions click below:





# Research & Education Grant

**The BDA Older People Specialist Group (OPSG) is delighted to announce the launch of a new Research and Education Grant to support projects that advance nutrition in older people.**

From September 2025, OPSG members will be able to apply for grants of up to £500 on a rolling basis throughout 2025/26.

## **Who can apply?**

UK-based dietitians (at any career stage) and student dietitians who are members of OPSG. Applications must include a short statement of support from a line manager or supervisor.

## **What can be funded?**

**Education** – e.g. study days, training courses

**Research** – e.g. audits, evaluations, small projects

Applications should clearly demonstrate the value of the activity to personal and professional development, as well as its contribution to the field of nutrition in older people.

## **Sharing your work**

Successful applicants will be expected to disseminate their work either via the OPSG newsletter or by submitting an abstract to the Nutrition in Older Adults stream at the annual BDA Research Symposium.

Applications will be reviewed by members of the OPSG Committee. If you have any questions contact:

Claire McEvoy [c.mcevoy@qub.ac.uk](mailto:c.mcevoy@qub.ac.uk)  
or

Ruth Stow [ad9401@coventry.ac.uk](mailto:ad9401@coventry.ac.uk)

**Apply Now**





# New NICE Guidance

## Falls: assessment and prevention in older people and in people 50 and over at higher risk

Published on 29.04.2025

The updated guidelines on falls, specifically focuses on assessment and prevention in older people and those at higher risk. It emphasizes personalised, holistic assessments by trained professionals rather than relying solely on risk prediction tools. It also covers various settings, including homes, care homes, and hospitals, recommending checks for hazards and individual's physical and cognitive abilities.

### **Key Recommendations:**

1. Personalised Assessments: recommends comprehensive falls assessments that consider individual factors like home hazards, medical history, and physical/cognitive abilities.
2. Multifactorial Approach: advocates for a holistic approach, considering various factors that contribute to falls risk rather than relying on single risk prediction tools.
3. No to Risk Prediction Tools (in isolation): advises against using falls risk prediction tools as standalone measures to predict a person's fall risk.
4. Focus on Prevention: aims to reduce falls and related hospital admissions through tailored care and multidisciplinary support.
5. Who can carry out assessments: allows for a range of healthcare professionals to conduct assessments, including occupational therapists, therapy assistants, and technicians with supervision.
6. Medication Reviews: recommends structured medication reviews to identify and adjust medications that may increase fall risk.
7. Exercise Programmes: for individuals with gait or balance impairments, falls prevention exercise programs are recommended.
8. Information and Support: recommends need for adequate information and support for individuals identified as being at risk of falls.

Watch out for the next newsletter to be continued from a nutrition perspective

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By Elaine Lane

# Dietitians Week 2025

As usual Dietitian's week at the beginning of June was busy, exciting and inspirational. It was wonderful to hear all of the achievements of our colleagues and group members. It was especially rewarding and wonderful to celebrate the success of the BDA Care Home Digest. This collaborative resource and the Dietitians involved in putting it together were recognised and celebrated in the BDA awards as part of this week. It was also exciting to hear from our student members to hear their predictions for the future of Dietetics and what they are looking forward to in their future Dietetic careers.

We're now planning for UK Malnutrition Week as well as some other exciting social media and video projects.

The future of dietetics



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

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