



OLDER PEOPLE SPECIALIST GROUP

November 2021



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THE HIGHLIGHTS

This November I would like to celebrate our committee and our wonderful members. We are proud to have been shortlisted for Specialist Group of the year at the BDA awards this month. The judges were impressed by the impact our group has had within our specialism and our approach to communications and social media. Well done to us all. The greatest win of the night was seeing our own committee member Alison Smith awarded a BDA Fellowship. Fellowship is the highest honour which the Association can bestow upon a member in recognition of their achievements. It recognises Alison's tremendous ~18-year dedication to the profession and the BDA. We are proud and privileged that Alison has been a committee member within this Specialist Group for most of that time.



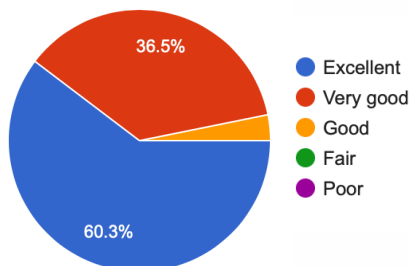
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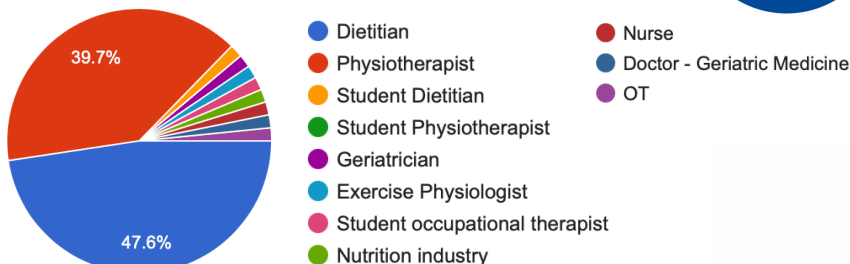
FEEDING BACK

we wanted to share some of the feedback from our recent webinar with Agile, which had an excellent response. However, we were most excited to see the variety of different professionals that engaged with the webinar including some of our wonderful students. We look forward to future webinars in collaboration with Agile.

Overall, how would you rate the webinar?



Are you a:



The British Geriatrics Society Sarcopenia and Frailty special interest group, in collaboration with the OPSG and AGILE, are running two brief questionnaire surveys (5 mins each) to find out more about how we manage nutrition referrals and care for people with frailty or sarcopenia. One survey is for those who work in a hospital, the other is for those who work in the community. If you work in both settings, please feel free to answer both surveys and share them with your colleagues across the MDT. An additional survey focussing on dietetic intervention in more detail will be circulated at a later date.

[COMMUNITY LINK](#)

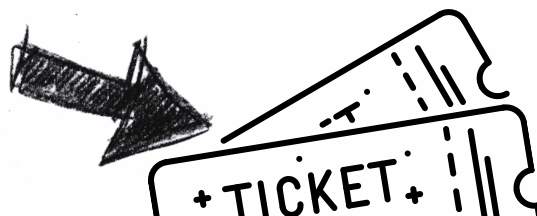
[HOSPITAL LINK](#)

The results will help us to better understand what current care looks like, where the gaps are and will help us all to research and deliver better nutritional care for older people with sarcopenia and frailty. The results will be presented at a joint BGS / BDA symposium at the Spring 2022 BGS meeting.

BGS

British Geriatrics Society
Improving healthcare
for older people

FREE OPSG MEMBER WEBINAR & AGM



December 9th
6 - 7.30pm

**Diet Quality and the
Enjoyment of Eating**

BDA The Association of UK Dietitians

Older People
Specialist Group

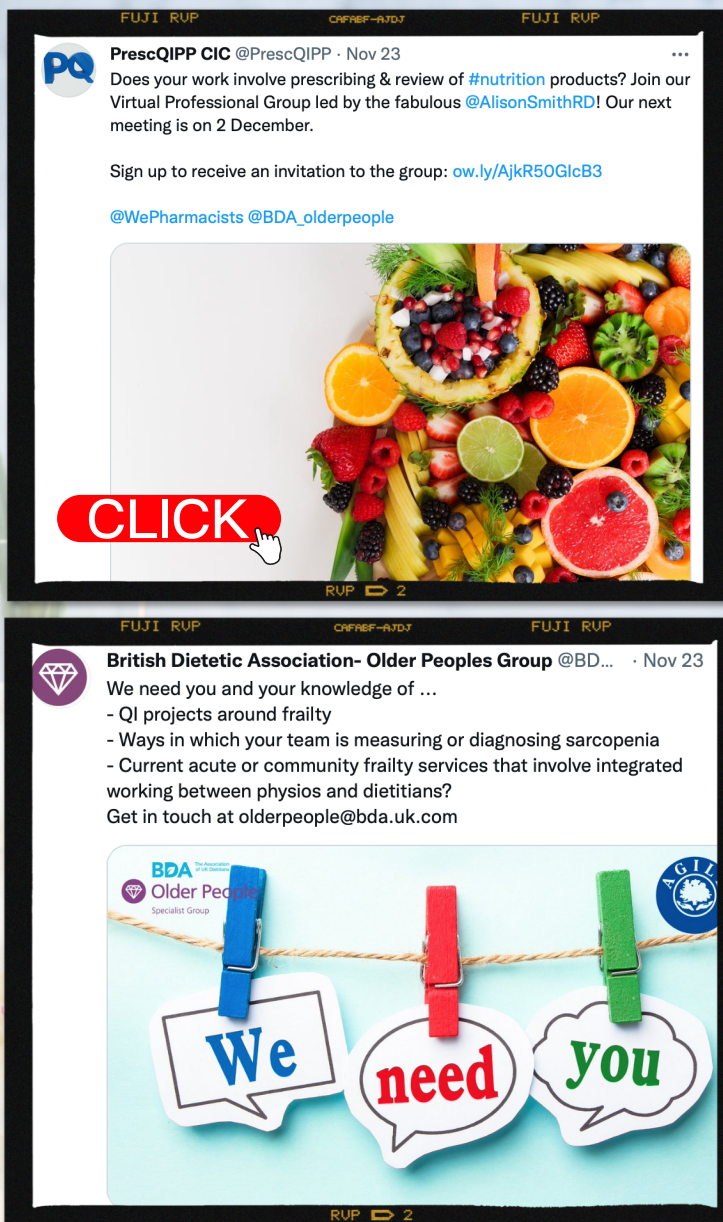
Dietitian - Simone Roberts - will discuss her research on diet quality and the impact on pain.

Dietitian - Alison Smith - will share her experiences working with the National Association of Care Caterers and the development of a new "food-based" resource.

Followed by the OPSG
Annual General Meeting



SPOTTED ON SOCIALS



Fortified Festive Cocktails Activity Package

Rachael Masters, Consultant Dietitian for Focus on Undernutrition and expert chef Preston Walker have worked together with Lakeland Dairies to produce five fortified festive cocktail recipes. The recipes are available as part of a free 'pick up and use' activity pack for care homes which can be accessed at www.lakelanddairies.com/foodservice/festive-tipples.

If you want further information on the Fortified Festive Cocktails, please email info@focusonundernutrition.co.uk

(www.focusonundernutrition.co.uk)

If you have resources to share or suggestions for future events please get in touch. Contact us via our email address or following us on social media @bda_olderpeople.

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