



Webinar & AGM



OBESITY & DIABETES IN OLDER PEOPLE – NOT CLEAR CUT? NOVEMBER 2ND 6–7.30PM

The BDA's Older People Specialist Group is delighted to announce this webinar led by Dr Natalie Cox and Ruth Hammond, RD. The theme for the webinar is obesity and diabetes with a specific focus on the nutritional complexities encountered when supporting older people. We are excited to host two speakers with extensive expertise in these fields and would encourage attendees to take the opportunity to ask them questions. Both speakers will be running their presentation at the same time and the attendees can choose which presentation to listen to 'live'. They will then have an opportunity to access a recording of the second webinar at a later stage. This will be followed by the groups AGM.

Sign up using the following link:

[Eventbrite link](#)

using the promotional code -

OPSGMember.



Vittoria's Updates



I begin my first update having just heard the Government announce new Covid restrictions and predictions of a second wave. The pandemic has definitely shone a spotlight on the population we care about. We know older people are more likely to experience complications from Covid and that 'lockdown measures' can also lead to other negative consequences. OPSG members have already gone above and beyond to keep older people safe and so as we enter the next few months they may be filled with many mixed emotions and exhaustion. Please remember your health and wellbeing is important and on behalf of the committee we hope you and your loved ones remain safe and well. We do need to continue speaking up about the importance of nutrition and recognise that our leadership will be essential to keep older people well. We urge members to take action now by: speaking to hospital discharge teams and influencing discharge pathways so that they include nutritional care needs as well as working with community and primary care teams to make sure nutritional screening continues to be accessible and a priority, so that those at risk are identified and supported.

EFAD Twitter Chat

Help us celebrate the international day of the older person by supporting the @efad_org special edition twitter chat on Thursday 1st October from 6-7pm You can follow @efad_org and post and search #EFADolderadults to join in. Don't forget your hashtags #Covid #nutrition #olderpeople and tag us @BDA_olderpeople



EFAD ESDN for Older Adults Twitter Chat

Thursday 1 October 6pm-7pm (BST) /
7pm-8pm (CET)

Nutrition Support Tips for Older Vegans

Heather Russell, RD, The Vegan Society

It has been estimated that around 600,000 Brits are eating vegan diets. Although veganism is sometimes thought of as a trend among young people, The Vegan Society celebrates its 76th anniversary this November. Many of the charity's members are older adults and our research suggests that around 11% of Brits eating vegan diets are aged 55 and over.

A survey by Vegetarian for Life suggests that the number in UK care homes almost tripled between 2014 and 2019.

It is important for people working with older adults to have knowledge of veganism and vegan diets. In support of Malnutrition Awareness Week 2020, I would like to share a few vegan-friendly tips about nutrition support



Meeting higher protein needs

It's particularly important to encourage older vegans to think about protein at each mealtime due to the higher intake recommended for people aged 65+, in combination with varied daily activity.

Following these principles will help them to get enough protein from plants during later life:

- Meet your daily need for energy in a way that suits your appetite; eat little and often
- Throughout the day, choose a variety of foods containing good quality protein, e.g. beans, peas, lentils, peanut butter, cashew nuts, pumpkin seeds, quinoa, buckwheat, wild rice, amaranth, popped corn, fortified dairy alternatives based on soya or split peas
- Make some choices that provide a relatively high amount of protein in a small package, e.g. tofu, tempeh, soya mince, seitan, vegan QuornTM

Making the most of every mouthful

If someone has started to struggle with poor appetite, it may be necessary to help them reimagine healthy eating. This might include changing their routine to small meals, snacks and nourishing drinks like smoothies and fortified milk alternatives. Wholegrains are nutrient-dense, but they are also bulky, so the some lower fibre starchy foods can be encouraged, such as potato without skins and white varieties of bread, pasta, noodles and rice. A shift towards a higher fat intake can also be encouraged and many plant-based sources are rich in unsaturated, heart-healthy fat, such as houmous, avocado, peanuts, nuts and seeds (and their butters), as well as vegetable spreads and vegetable (rapeseed) and olive oils. It's particularly important to encourage a daily intake of food rich in omega-3 fat, such as walnuts, ground linseed (flaxseed), chia seeds or hemp seeds. These seeds also contain good quality protein.

Here are some other ideas for adding extra nourishment:

- Add protein to soups and sauces by blending in silken tofu or soaked cashew nuts
- Use higher fat vegan mayonnaise to boost the calories of sandwiches and wraps
- Add coconut milk, creamed coconut or higher fat cream alternatives to porridge, soups, sauces and desserts. If clients are aware of the high saturated fat contents of coconut products and higher fat cream alternatives, they may need some reassurance of its benefits.

Take-away tips

- Encourage vegan clients to think about higher protein choices at each mealtime and make use of some foods that are particularly dense sources, e.g. tofu, tempeh, soya mince, seitan, vegan QuornTM.
- Highlight higher protein snack choices, e.g. fortified soya yoghurt, houmous on crispbread, apple slices with peanut butter.
- Encourage nourishing drinks made using fortified milk alternatives based on soya or split peas.
- Help clients to reimagine healthy eating principles, such as explaining the benefits of choosing some lower fibre starchy foods and fortifying their diet with extra foods rich in fat
- Further information about vegan diets is available at www.vegansociety.com/nutrition, including general tips for older adults.

AGM Announcement

We are pleased to announce that we have rescheduled the Older Persons Specialist Group (OPSG) AGM and it will take place on 2nd November 2020. We are hosting an exciting webinar, free of charge to OPSG members: Obesity and Diabetes in Older People and will hold a virtual AGM as part of this event. It has been an interesting and challenging year and we hope you will attend to hear about all the things we have been doing to help support our patients, public and our committee members.

We have some exciting changes to our committee and several co-opted members await ratification at the AGM.

Further details of our webinar, a copy of the AGM agenda, previous minutes and our latest financial report will be added to the BDA website Older Persons Specialist Group prior to the event. For any further information contact olderpeople.bda.uk.com

Current Members:

- Alison Smith - Chairperson (due to end period of office Aug 2020)
- Kirsty Robinson - PR (due to end period of office Aug 2020)
- Stacey Jones - Website and Social Media
- Elaine Lane - Resources Officer
- Laura Sexton - Meetings Organiser (On hiatus)

Co-Opted Members to be ratified at AGM

- Simone Roberts - Newsletter Editor
- Catherine Blanchard - Treasurer
- Olga Sutton - Events
- Kerry Burrows - Secretary
- Dove Yu - Website and Social Media/PR
- Vittoria Romano: Chairperson
- Alison Smith: Ordinary Member

Hydration at Home Toolkit

Wessex AHSN and Hampshire County Council have developed a free basic hydration e-learning module for community carers of any role or level (including care homes, domiciliary care workers, unpaid carers and volunteers). The module provides a basic overview of the hydration needs specifically for older people and how you can support people to drink more. It also aims to dispel common myths, such as why using urine colour or skin turgor (pinch test) are NOT suitable for older people. To find out more, follow this [link](#).



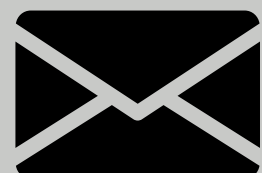
Keeping in Touch

If you have something to share with the OPSG community, we would love to hear from you.

@BDA_olderpeople



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Editor: Simone Roberts

It can be harder to get the Vitamin D you need in autumn and winter

All adults and children over the age of one should consider taking a daily supplement containing 10 micrograms of Vitamin D, especially during autumn and winter. Find out more with our free food fact sheet.