

## Good Practice Checklist for Physical Activity and Nutrition

### Rating system

Please tick the rating that best describes your agency:

**Rating 1:** Not met: Those areas you do not do

**Rating 2:** Partially met: Those you sometimes do well, but room for improvement.

**Rating 3:** Fully met: Those areas you do well.

Promoting physical activity and nutrition opportunities for older people and their carers: self-assessment tool for initial needs identification, assessment and care planning.	Rating		
	1 Not met	2 Partially met	3 Fully met
We are aware of and have been trained in <b>identifying nutritional risk issues</b> for older people in the community and how to address these through appropriate interventions and monitoring processes (see Help sheet 1, Nutrition resource manual).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We are aware of the <b>standard recommendations for physical activity</b> and how these recommendations are tailored to suit older people of differing physical capabilities (see Help sheet 8 in the Resource Kit).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We use the appropriate <b>Service Coordination Tool Templates</b> when older people have or may have issues and needs in relation to physical activity and nutrition. These include the Nutritional risk screening tool in the Health Behaviors Profile, and the Health Conditions Profile and Functional Screen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We ensure that <b>each older person and their carer has the opportunity to participate</b> as an equal partner during the screening and assessment process and in making decisions about assessment outcomes (see WMR Practice standards for INI, Warren, 2002).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We provide older people with appropriate health and lifestyle information to reinforce key messages related to improving physical activity and nutrition (see references to booklets, <i>Good food and health advice for older people who want to help themselves: an information booklet for older people, families and carers</i> (Department of Human Services, 2001) and <i>Well for Life: Physical activity advice for older people and their carers</i> (Department of Human Services, 2005) (in section 5 in this Resource Kit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have <b>practices and processes in place for referral to other services</b> that enable early intervention and preventive initiatives to facilitate physical activity and nutrition opportunities for older people (see Help sheet 14 in this Resource Kit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We <b>assess and monitor nutritional risk</b> for older people (see Help sheet 2.1 Nutrition resource manual).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If there are significant areas of nutritional risk identified for the older person, we clearly define and <b>implement appropriate interventions and monitoring processes</b> to address these risks (see Help sheet 1, including sections 3, 4 and 5 in the Nutrition resource manual).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We take into account the older person's interests, motivators and barriers to facilitate <b>appropriate opportunities for people to increase their incidental and leisure activity and physical activity</b> (see Help sheets 10 and 11 in this Resource Kit).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If there are significant areas of risk identified for older people considering a <b>change in physical activity</b> , we clearly identify how risks can be managed and how risks will be monitored.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We continue to <b>reassess the older person's nutritional risk</b> and levels of physical activity and provide ongoing support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If establishing <b>group-based physical activity and nutrition programs</b> , we perform ongoing evaluation of the program (see Help sheet 18 in this Resource Kit).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Level of attainment as at</b> _____ <b>&lt;insert date&gt;</b>			