

Nutrition and physical activity resources

The resources listed below cover a variety of formats including videos, training manuals, books, pamphlets, Internet sites and magazines. Most of the resources have been developed in Australia. These resources have been found during the Well for Life project and may be useful to your facility. A description of each resource follows the table below. This list has been designed to inform you of the types and range of resources available and how to access them.

Title	Author/Organisation	Type of resource
Cooking small, eating well	Dietitians Association of Australia (DAA)	Education program
Eat well for life	National Health and Medical Research Council (NHMRC)	booklet, pamphlet and poster
Dietary guidelines for older Australians	NHMRC	Book
Adding life to your years: the cookbook	The Australian Nutrition Foundation (now Nutrition Australia)	Cookbook
Identifying and assisting home-based frail elderly people who are nutritionally at risk. A resources manual	DAA	Book
A world of food	Commonwealth Department of Human Services and Health	Manual
Swallowing... on a plate: A training package for nursing home staff caring for residents with swallowing problems	Centre for Education and Research on Ageing (CERA) and Inner West Geriatrics and Rehabilitation Service	Training manual
Good looking, easy swallowing	Martin & Backhouse	Book
Nutritional considerations for the pureed diet texture in dysphagic elderly	Hotaling, D., Dysphagia	Journal article
Let's do lunch: enjoying mealtimes in nursing homes.	Department of Clinical Nursing, University of Adelaide	Booklet
http://www.recipesource.com	The Searchable Online Archive of Recipes	Internet address
Aged Care and Diabetes Project	Diabetes Australia (WA)	Training manual
Ageing is living: an education and training resource to prepare for positive ageing	Age Concern New Zealand	Training resource
Exercise programming for older adults	Human Kinetics US	Book
Active living: getting better with age	Department of Human Services & Sport and Recreation (Vic)	Video
http://home.vicnet.net.au/~sgapvic	Australian Plants Society	Internet address
http://www.achievableconcepts.com.au	Achievable Concepts	Internet address
ProActive Victoria's 'Active for Life'	Heart Foundation and Sport and Recreation	Magazine
Different strokes for different folks	Out Doors Incorporated	Research report
Exercise for older adults	American Council on Exercise	Book
Strategies to help keep people moving	Oddy, R., Journal of Dementia	Journal article

Title	Author/Organisation	Type of resource
Gentle Exercise Instructor Certificate	National Association for Gentle Exercise	28 hour course
How would you like more get up and go?	Department of Health and Aged Care, Department of Veterans' Affairs, Australian Sports Commission	Brochure
Actively ageing	Australian Sports Commission, Department of Veterans' Affairs and Department of Health and Aged Care	Magazine
Recreation in nursing homes: a guide for workers in nursing homes Recreation in nursing homes, hostels and day-care centres: ideas for recreation and leisure activities Recreation in nursing homes: volunteer resource manual	Department of the Arts, Sport, the Environment, Tourism and Territories	Book
Exercise management for persons with chronic diseases and disabilities.	American College of Sports Medicine	Book
www.arthritisvic.org.au	Arthritis Victoria	Internet address
Putting your best foot forward: preventing and managing falls in aged care facilities	CERA	Training manual
Standing on your own two feet: older people talk about how to prevent falls	Australian Pensioners' and Superannuants' Federation	Video

Promoting good nutrition

Cooking Small, Eating Well

Source: DAA (VIC)

Description

Cooking program designed for older people to be run either by those who developed the program (at a small charge for the time/ingredients) or by people in facilities.

Advantages

- Potential to re-awaken interest in food in participants
- Social interaction.
- Provides nutrition focused commentary
- Allows participants to ask questions about special diet therapy in aged care.
- Customised program, recognising that diet therapy advice for older clients may differ from advice for younger groups. Priorities of care need to account for degree of frailty and existence of co-morbidities.

Contact for further information

Hawthorn Community Education Project, 24 Wakefield St, Hawthorn, 3122,
ph: (03) 9819 5771, fax (03) 9819 5102, email: hcepinc@internex.net.au

Eat well for life

Source: National Health and Medical Research Council (NHMRC)

Description

This set of resources includes a pamphlet, a poster and a booklet. The information is aimed at people living independently in the community. The products would also be useful tools for low care facilities to inform residents of nutritional requirements. The booklet provides a food safety quiz and some easy to follow recipes along with recommendations for appropriate amounts of different food groups.

Advantages

The products are bright and cheerful with images of older people enjoying food and physical activity. The booklet can be accessed via the NHMRC website:

<http://www.nhmrc.health.gov.au>

Contact for further information

The set of products can be obtained through Commonwealth Department of Health and Ageing, toll-free: 1800 020 103 (ext. 8654), Fax: (02) 6289 8360

Alternatively the documents can be obtained from the NHMRC's website at:
<http://www.nhmrc.health.gov.au/publications/nhome.htm>

Dietary guidelines for older Australians

Source: National Health and Medical Research Council (NHMRC)

Description

These guidelines are aimed at health professionals who provide advice and care for healthy older people who live independently. There is additional information designed for residents in aged care facilities who require meal assistance.

Advantages

Apart from having detailed information on food requirements, there are chapters on caring for and preparing food, and the benefits of keeping active.

Contact for further information

<http://www.nhmrc.health.gov.au/publications/nhome.htm>

or through Ausinfo Government bookshops: Mail Order Sales, Ausinfo, GPO Box 84, Canberra ACT 2601.

Adding life to your years: the cookbook

Source: The Australian Nutrition Foundation (now known as Nutrition Australia)

Description

This book provides recipes and information for healthy and affordable meals. It describes the healthy eating pyramid, regulations on food labels and how to store and reheat food safely. Also provides a menu for a week with accompanying recipes and shopping list. Recipes are designed to cater for only one or two people so quantities will need to be converted for larger numbers of people.

Advantages

- Meals are cost-effective, healthy and easy to prepare.
- Informs staff on how to safely store food and the risks associated with reheating food and leaving it in temperatures between 5–60 degrees Celsius.
- Suggested menu also has variety and meals that are interesting and tasty.

Contact for further information

Nutrition Australia, Victorian Division, C/- Caulfield General Medical Centre, 260 Kooyong Road, Caulfield 3162, Ph & Fax: (03) 9528 2453

Email: vic@NutritionAustralia.org

Improving nutrition monitoring

Identifying and assisting home-based frail elderly people who are nutritionally at risk *A resource manual*

Source: DAA (VIC)

Description

Manual aimed at introducing a nutritional risk screen to the assessment process of home-based elderly. Provides useful information on nutrition and health issues relevant to frail older people. The manual has a section on dietary principles and recommends how much food older people require. Key message: 'elderly people must eat better ...not less!'

While the assessment tool has been developed for assessors of home-based elderly, most of the factors identified would also apply to residents in a residential facility.

Advantages

- The risk assessment tool is a brief and straightforward checklist.
- Does not require HACC assessment staff to have advanced medical knowledge.
- Allows data to be collected on the nutritional status of people targeted for HACC services.

Contact for further information

www.health.vic.gov.au/agedcare/hacc/nutrition

Providing culturally appropriate meals

A world of food (vol 2)

Source: Commonwealth Department of Health and Ageing

Description

Two volume manual that provides menus from ethnic regions of the world, information on special/religious occasions, a sample meal plan and how to serve food. A food preference checklist in a language from each region is also included with some key phrases.

Advantages

Information on suitability or how to modify meals to cater for people with diabetes, on low fat, weight reduction, salt reduced, gluten free, texture modified and high protein/calorie diets. Recipes also include quantities to cater for groups of five, 10, 25, 50 and 100 people.

Contact for further information

Department of Health and Ageing (previously the Department of Human Services and Health). Ph: (03) 9665 8888

Authors: Danielle Gallegos and Elizabeth Perry

Promoting nutrition for people who have difficulty swallowing

Swallowing...on a plate: A training package for nursing home staff caring for residents with swallowing problems

Source: CERA and the Inner West Geriatrics and Rehabilitation Service

Description

Training package directed at registered nurses working in nursing homes. Modules cover:

- Understanding the swallowing process
- Assessment and management of swallowing problems
- Implementing the SOAP program in your nursing home
- Supplementary information, resources, handouts and overheads.

Advantages

- Includes forms for pre-feeding and swallowing assessment and how to develop a care plan.
- Provides a comprehensive list of problems and actions to resolve them.
- Participants work through case studies and quizzes to test their knowledge.
- Appropriate for individuals or groups. It could also be worked through one module a week or a month.

Contact for further information

The information and resource officer at CERA, Ph: (02) 9767 7158, Fax: (02) 9767 5419, email: cera@medicine.usyd.edu.au, www.cera.usyd.edu.au

Good looking and easy swallowing: creative catering for texture modified diets

Source: Julia Farr Centre Foundation, Authors: Martin & Backhouse

Description

This book provides carers of people who have swallowing difficulties (dysphagia) with a tool for providing safe and enjoyable meals. It contains information about the swallowing process, how to manage dysphagia, equipment for modifying the texture of meals and how to ensure a nutritious diet is provided. It includes recipes and information about nutritional value of each dish and how to modify dishes to make serves either bite size, easy chew, finely chopped, or smooth and thick.

Advantages

- Larger quantities can be multiplied to be suitable for larger facilities.
- Allows facilities to increase the variety and appeal of meals provided to residents with dysphagia.

Contact for further information

Julia Farr Centre Foundation, 103 Fisher Street, Fullarton, South Australia 5063, Ph: (08) 8373 2577, Fax: (08) 8272 0175, email: jffoundation@web.media.com

Nutritional considerations for the pureed diet texture in dysphagic elderly

Source: [Hotaling, D., \(1992\) in Dysphagia, Vol. 7, p 81-85.](#)

Description

Journal article describing strategies that enhance the nutritional value, appearance and flavour of pureed meals. Uses the positive phrase 'cuisine puree' as alternative to the negative image of pureed food as 'baby food'.

Food processors have enabled pureed food to require less liquids than foods prepared in a blender. This allows food to have more shape and higher nutritional content than food pureed in a blender.

Advantages

The article is aimed at food service staff who provide meals in long-term care facilities. Helps residents who require a pureed diet texture to enjoy food.

Promoting independence at mealtimes

Let's do lunch: enjoying mealtimes in nursing homes

Source: Department of Clinical Nursing, University of Adelaide.

Description

This booklet is a simple guide for staff in nursing homes. The guide aims to increase staff awareness of the issues that residents face during mealtimes. It also provides practical tips for promoting residents' independence and enjoyment of meals.

Advantages

The booklet is short and easy to read. It helps staff to think about how they would feel if they were in the same situation as residents.

Contact for further information

Authors: Simone Burghardt, Alan Pearson and Rhonda Nay at the Department of Clinical Nursing, University of Adelaide.

Promoting variety in meals

<http://www.recipesource.com>

Source: [The Searchable Online Archive of Recipes \(SOAR\)](#)

Description

This Internet site contains thousands of recipes. Recipes are categorised by ethnic cuisines by region and by type of dish. There are recipes specifically for people with special diets, including diabetic and gluten free diets.

Advantages

Recipes can be found easily using the 'search' function. Caters for people of different ethnic origins and with specific dietary needs.

Increasing knowledge of diabetes within residential care for the aged

Aged Care and Diabetes Project

Source: Diabetes Australia (WA)

Description

Course aimed at increasing the knowledge of carers in residential facilities of diabetes and how to manage it. Course is accredited through the Training Accreditation Council (WA) and consists of six two-hour modules.

Training manuals can be purchased from Diabetes Australia and include lecture notes, learning outcomes, overhead transparencies, suggested handouts, suggested readings and evaluation pro formas.

Please check the regulations regarding blood glucose monitoring and insulin administration in your state.

Advantages

- The course can be run in different time blocks, for example, as six two-hour sessions run over a few weeks or as three four-hour blocks. A seminar package is also available and an abbreviated version of the course that can be run in one day.
- Is appropriate for metropolitan and rural areas.
- The manual requires a facilitator to present the information. This person does not have to be specifically trained in health or diabetes.

Contact for further information

Diabetes Australia WA Inc, 48 Wickam Street, East Perth WA, 6004, phone; (08) 9325 7699, fax (08) 9221 1183

Promoting positive ageing

Ageing is living: an education and training resource to prepare for positive ageing

Source: Kathy Glasgow, Age Concern: New Zealand Incorporated

Description

This training package promotes positive ageing and reduces negative stereotypes about older people. It is directed towards people who work with older people and challenges ageist attitudes that may impact upon staff perceptions of residents and the consequent care provided.

Advantages

The package incorporates activities, areas for discussion and questionnaires that challenge staff attitudes and work practices.

Contact for further information

Age Concern New Zealand, PO Box 10 688, Wellington, New Zealand. Email: national.office@ageconcern.org.nz

For information about this resource and others please refer to Age Concern website: <http://www.ageconcern.org.nz>

Promoting activity

Exercise programming for older adults

Source: Human Kinetics US

Description

Book describing different exercises to suit older people with varying levels of mobility. Uses many diagrams to demonstrate exercises. It also discusses how to modify exercise to provide benefits for people with medical conditions including osteoporosis, arthritis and high blood pressure.

Advantages

- Has a section on land-based exercises that people can do sitting down.
- Allows anyone to benefit from low impact exercises.
- Exercises can be done in groups to promote social contact or individually.

Contact for further information

Human Kinetics (Australia): PO box 80, Torrens Park SA 5062, Ph: (08) 8277 1555, Fax: (08) 8277 1566

Active living: getting better with age

Source: Department of Human Services and Sport & Recreation (VIC)

Description

Program aimed to encourage people to gradually increase their physical activity levels. Recommends everyone does half an hour of moderate exercise most days of the week, preferably everyday. The video is aimed towards fairly mobile older people and would probably suit residents in low care facilities.

Advantages

- Encourages everyone to increase their activity, even those who have been inactive for a long time. Most people can increase activity levels by going for a walk.
- It is free and accessible to all.
- Involving friends or family in an activity makes it more enjoyable and it becomes a social activity as well as exercise.

Contact for further information

Video is available for free hire from Video-Ezy stores.

<http://home.vicnet.net.au/~sgapvic>

Source: Australian Plants Society

Description

Provides information and tips for planting Australian native plants. Also useful in linking to other gardening related sites through 'Internet Links for Native Plants Enthusiasts' including GardenWeb Australia.

Advantages

Provides information to encourage gardening for residents and leading to increased activity levels.

<http://www.achievableconcepts.com.au>

Source: Achievable Concepts

Description

Information on how to order equipment from Achievable Concepts. Equipment is adapted to promote recreation and activity for older people and people with disabilities. Examples include Bocce sets with lighter bowls for those with limited strength and gardening tools that are lighter and easier to grip.

Advantages

- Allows residents to participate in activities they may not otherwise be able to.
- Promotes a wide range of activities for residents with little strength and mobility as well as for those who are more active.

Contact for further information

Achievable Concepts, PO Box, 361, Moonee Ponds, 3039, Ph: (03) 9873 0182, Fax: (03) 9873 7375, Email: sales@achievableconcepts.com.au

ProActive magazine

Source: Heart Foundation in conjunction with Sport and Recreation Victoria's Active for Life

Description

Magazine promoting activity and sport for all Victorians. Many articles relate to programs specifically for older people. Although articles may not be directly relevant to residents, general themes and ideas can be drawn from these magazines.

Advantages

Enables facilities to keep up to date on innovative programs running in Victoria.

Contact for further information

c/o Heart Foundation, 411 King Street, West Melbourne, Victoria, 3003,
ProActive@heartfoundation.com.au

Different strokes for different folks

Source: [Out Doors Inc.](#)

Description

Study aimed at increasing physical activity in six SRSs within the Northern Metropolitan Region. The methods used could be adapted to most low care facilities to promote activity and encourage residents to enjoy activities outdoors.

Advantages

- Encourages residents to have input into activities they are interested in.
- Highlights the barriers encountered when trying to increase residents' activity levels.
- Provides staff tips on focusing activities on individual preferences and interests.

Contact for further information

Out Doors Inc., 118 Napier Street, Fitzroy, 3065, Ph: (03) 9417 2111, Fax: (03) 9417 2163, Internet: www.outdoorsinc.org.au

Email: indoors@outdoorsinc.org.au

Exercise for older adults

Source: [Cotton, R.T. \(Ed\), American Council on Exercise](#)

Description

Book directed to fitness instructors and activity coordinators who work with older people. Provides information on motivating older adults to exercise, performing a fitness assessment and developing and coordinating fitness programs.

Advantages

- Provides information on symptoms and methods for modifying exercises for people with various chronic health problems including cardiovascular disorders, respiratory problems and musculoskeletal conditions.
- Describes the effects that some common medications have on exercise.
- Allows residents to participate in an activity program where their medical conditions and medications are taken into account.

Contact for further information

American Council on Exercises, 4851 Paramount Drive, San Diego, California 92123, <http://www.acefitness.org>

Strategies to help keep people moving

Source: Rosemary Oddy, *Journal of Dementia Care*, July/August, 1996, pg 22-24

Description

Article providing useful tips for promoting activity and communication among people with dementia. The author explains some of the barriers that people with dementia have when trying to get out of bed or out of a seat. Without encouragement from staff working around these barriers, these residents become less active and even more frightened about being mobile and doing exercise.

Advantages

- The strategies are common sense and could be applied readily. Not only do these methods promote activity for the resident but they also save staff time by speeding up transfers and bathing.
- The article is brief and does not take long to read.
- The article aims to improve communication between residents with mild to advanced stages of dementia and staff.

Gentle Exercise Instructor Certificate

Source: National Association for Gentle Exercise

Description

This certificate is presented upon completion of a 28-hour course and written exam and is accredited through the Australian Fitness Accreditation Council. Topics covered include:

- special conditions, for example arthritis, diabetes
- postural problems
- medications and screening procedures
- marketing and promotion
- exercise modification, for example, chair exercises and resistance training.

Advantages

The course is run throughout Australia. It provides information on instructing chair-based exercises and modifying exercises. The course aims to provide instructors with skills to run classes for older people and people with various conditions that may limit exercise.

This course would be useful for facilities that have an activities coordinator who could use this certificate to run gentle exercise programs for residents.

How would you like more get up and go?

Source: Department Health and Aged Care, Department Veterans' Affairs, Australian Sports Commission

Description

Brochure designed for older people to promote activity. The brochure could be made available to residents to read about the benefits of exercise and ways to get started. The brochure would be more suitable for residents in low care facilities.

Advantages

- The pamphlet provides precise and easy to understand information to encourage residents to become more active. It is also bright to attract people's attention.
- This resource requires no staff time and can be sent out at no cost if you ring the number below.

Contact for further information

Distribution Officer, Australian Sports Commission, PO Box 176, Belconnen ACT, 2616, Ph: (02) 6214 1111, Fax (02) 6251 2680, email: asc@ausport.gov.au

Actively ageing

Source: Australian Sports Commission, Department of Veterans' Affairs and Department of Health and Aged Care

Description

Magazine developed as an initiative of the Active Australia International Year of the Older Persons (IYOP) project. Due to the response of the first edition, a second was produced. The magazines highlight programs and initiatives that have been developed during IYOP to promote physical activity.

The programs described are generally directed to more active and mobile older people. The same principles and themes, however, could be modified for less mobile residents.

Advantages

- Provides some ideas on how to develop activity programs.
- Learn how other organisations have started new programs and motivated older people to be involved.

Contact for further information

Distribution Officer, Australian Sports Commission, PO Box 176, Belconnen ACT, 2616, Ph: (02) 6214 1111, Fax (02) 6251 2680, email: asc@ausport.gov.au

Recreation in nursing homes: a guide for workers in nursing homes

Recreation in nursing homes: volunteer resource manual

Recreation in nursing homes, hostels and day-care centres: ideas for recreation and leisure activities.

Source: Department of the Arts, Sport, the Environment, Tourism and Territories

Description

These three booklets provide practical tips and examples of activities for nursing homes and hostels. For each activity the related costs and resources required are noted as well as the possible barriers.

Please note that some of the information may not be relevant or precise as the books were originally published in 1968. They were, however, republished in 1990.

Advantages

- The booklets have many different suggestions and are easy to follow.
- Provides tips on preparing a three-month program as well as information about collecting resources and what skills activity staff require to be successful.

Exercise management for persons with chronic diseases and disabilities

Source: American College of Sports Medicine

Description

This book 'provides both theoretical and practical information for a wide range of chronic diseases and disabilities. ACSM's specialists present an overview of each pathophysiology, the effects of the condition on the exercise response, effects of exercise training on the condition, management and medications, recommendations for exercise testing and programming, and suggested readings' (Human Kinetics: 'Fitness Resources' catalogue).

Advantages

Please note that project officers have not had access to this resource.

Contact for further information

Human Kinetics (Australia): PO Box 80, Torrens Park SA 5062, ph: (08) 8277 1555, Fax: (08) 8277 1566

Promoting activity for people with arthritis

www.arthritisvic.org.au

Source: Arthritis and Osteoporosis Victoria

Description

Web page containing information on exercises for people suffering from arthritis. Go to the 'What can be done?' section and select the 'exercise' subheading.

This site explains how exercise can relieve and prevent problems associated with arthritis and discusses ways to introduce exercise safely and effectively. Also provides instructions and information on appropriate warm water exercises, tai chi and walking.

Advantages

Enables people who suffer from arthritis to increase their physical activity in a way that relieves arthritis symptoms instead of increasing them.

Contact for further information

Arthritis and Osteoporosis Victoria: (03) 8531 8000 or FreeCall: 1800 011 041 or email: exercise@arthritisvic.org.au

Preventing falls

Putting your best foot forward: preventing and managing falls in aged care facilities

Source: Centre for Education & Research on Ageing (CERA)

Description

Book providing practical information to prevent and manage falls in residential facilities. It provides information on how to prevent and reduce the risks associated with falls by reducing the use of restraints, wearing appropriate clothing and footwear, and increasing activity. It provides details on the benefits of exercise for residents at risk of falls and how to implement a safe exercise program.

Advantages

- Encourages very frail residents to participate in activity and advises how to combine exercise and other factors to prevent falls.
- Provides practical information and suggestions for informing staff, general practitioners, residents and their families on how to promote activity that is safe for residents and will also help prevent falls.
- By adopting a falls prevention program such as this, your facility is demonstrating that problems are being anticipated and prevented rather than treated once they have occurred. This will be necessary for the accreditation process.

Contact for further information

The Information and Resource Officer at CERA; Ph: (02) 9767 7158, Fax: (02) 9767 5419, Email: cera@medicine.usyd.edu.au or go to the website:

<http://www.cera.usyd.edu.au/html/resources.html>

Standing on your own two feet: older people talk about how to prevent falls

Source: Australian Pensioners' and Superannuants' Federation

Description

Kit containing a video and notes to provide information sessions for preventing falls. The kit is designed for older people and anyone who works with older people. The notes contain tips on running workshops using the information about falls included. Explains how exercise can help prevent falls.

Although modifications and exercises are designed for people living in their own homes, most of the information can be adapted to residential facilities.

Advantages

Provides some guides for exercises that can be used to improve balance and coordination, muscle strength, bone strength and reaction time. These factors help prevent falls, thus reducing the risks and consequences of falls in your facility.

Contact for further information

Australian Pensioners' and Superannuants' Federation

Contacts

The following contact details are for allied health associations and professional organisations.

Australian Physiotherapy Association–Vic Branch

6/651 Victoria Street
Abbotsford 3067
Ph: (03) 9429 1799
Fax: (03) 9429 1844

- **Australasian Podiatry Association–Vic Branch**

Suite 26
456 St Kilda Road
Melbourne 3004
Ph: (03) 9866 5906
Fax: (03) 9866 2094

- **Dietitians Association of Australia (DAA)**

National Office:
1/8 Phipps Close
Deakin
ACT 2600
Ph/Fax: (02) 6282 9798
1300 658 196
Victorian Office:
Ph: (03) 9642 4877
Accredited Practising Dietitian
Hotline: 1800 812 942
Email: vic@daa.asn.au

- **OT Australia–Australian Association of Occupational Therapists**

OT Australia National
6 Spring Street
Fitzroy
Victoria 3065
Ph: (03) 9416 1021
Fax: (03) 9416 1421

OT Australia–Vic
PO Box 1286
Nth Fitzroy 3068
Ph: (03) 9481 6866
Fax: (03) 9481 6844

- **Speech Pathology Australia**

2nd floor
11–19 Bank Place
Melbourne 3000
Ph: (03) 9642 4899
Fax: (03) 9642 4922

- **Carers Victoria**

5th floor
130 Little Collins Street
Melbourne 3000
Ph: (03) 9650 9966
Fax: (03) 9650 8066
Careline: 1800 242 636
Internet: www.carersvic.org.au

- **Alzheimers Australia–Victoria**

98–104 Riversdale Road
Hawthorn 3122
Ph: (03) 9818 3022
Fax: (03) 9815 7801
Helpline: 1800 639 331