

Eating Well to Age Well: Uncovering Older Adult Nutrition Myths

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Older adults have unique nutritional needs, especially as the body changes with age. It's important to understand these needs to help reduce risk of malnutrition and chronic diseases, as well as to help support optimal nutrition and health. This presentation will give an overview of the changes that occur with aging, nutritional needs and priorities for the older adult. It will also dispel some of the common myths about nutrition as it relates to aging, with a focus on practical strategies and food-based interventions that can be implemented to help avoid and treat common nutritional problems in the older adult.

Following this presentation the participant will be able to:

1. Describe the changes that occur in the body as we age and the nutritional implications for older adults.
2. List some of the potential health consequences resulting from poor nutritional intake and strategies to improve eating habits and health.
3. Identify common myths related to nutrition and aging and explain rationale.
4. Outline creative and practical strategies for ensuring optimal nutrition and food intake for older adults.

*May be subject to certain safety precautions in accordance with the authority having jurisdiction over the community. Please contact us for details.

The Optimum Life CE series is a pre-recorded webcast. • This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed. • Email cesupport@brookdale.com for more information about contact hours. • This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS. • This activity is pending approval from the National Association of Social Workers. • This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour. • Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221. • This course is approved by the Michigan Social Work Continuing Education Collaborative. • This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).

