



OPTIMUM LIFE®

2023 Continuing Education Series

Nutrition Strategies for Dysphagia in Older Adults

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Older adults sometimes have unique nutritional challenges that put them at an increased risk for choking and malnutrition. This presentation will show you the dietary intervention strategies you need to know in order to help. In this session, participants will receive an overview of nutritional priorities for older adults as well as practical strategies to help combat risk of choking and malnutrition. Join us to help improve the nutrition of the seniors in your life.

Following this presentation, the participant will be able to:

1. Define *dysphagia* and identify nutritional implications for older adults.
2. Identify dietary interventions available to help reduce choking risk and complications, including IDDSI guidelines.
3. Outline creative and practical strategies for helping to ensure adequate food intake in the older adult with dysphagia.

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 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 Emergency Nurses Association for approval to award contact hours. Emergency Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.



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