



# 2019 Optimum Life<sup>®</sup> Continuing Education Series



## Older Adult Nutrition: Practical Strategies

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Older adults have unique nutritional needs, especially as the body changes with age. This can put them at increased risk for malnutrition and other chronic diseases. This presentation will give an overview of the changes that occur with aging, nutritional needs and priorities for the older adult, especially those with cognitive impairment and dysphagia, as well as focus on practical strategies and food-based interventions that can be implemented to help prevent and treat common nutritional problems in the older adult.

Following this presentation the participant will be able to:

- Describe the changes that occur to the body as we age and the nutritional implications in the older adult
- List the health consequences resulting from poor nutritional intake and strategies to improve eating habits and health status
- Identify the nutritional considerations for older adults with cognitive impairments
- Outline creative and practical strategies for ensuring adequate food intake in the older adult with dysphagia

- The Optimum Life CE series is a pre-recorded webcast.
- 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 continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91)
- Call (312) 977-3711 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.