

# Eating Well for Older People & Older People with Dementia

A Half Day Training Course

Monday 19th May 2014,  
Hilton Glasgow Grosvenor



MEDICA CPD

*In association with*



## **EASY WAYS TO BOOK**

- Online: [www.medicacpd.com](http://www.medicacpd.com)

- Telephone: 0141 638 4098 / 387 4684

## About The Course

Good nutrition is an essential element of care provision for the elderly, especially those with dementia. A good diet can help to minimise potential health problems and accelerate recovery from episodes of illness. Through a lively mix of presentation, practical work and case studies we will increase your understanding of the nutritional needs of the elderly, considerations for food preparation and menu planning and of how best to meet the requirements of the elderly as well as those suffering from dementia.

## Who Should Attend

This course should be of interest to all staff and managers caring for the elderly who are involved in the preparation and provision of food.

## About Your Course Tutors

**Dr Catherine Hankey** is a State Registered Dietitian and Senior Lecturer in Human Nutrition, University of Glasgow. Catherine has a long standing research interest in nutrition and the elderly particularly in relation to chronic under nutrition and implementation of dietetic principles to enhance dietary intake in this group using food fortification. She has also carried out extensive research in obesity and the adaption of weight management approaches to those with intellectual disabilities.

**Maxine Cartz** is a registered Dietitian who works for Compass Group in their healthcare division. Maxine is responsible for all therapeutic and nutritional aspects of their patient and staff catering offer. She has been key to the development of Compass's Steamplicity menu offering and she drives up operational standards to improve all aspects of the patient meal experience. Maxine has a particular interest in catering for people with dementia and is currently working on a company toolkit with resources for clients and colleagues. She is a member of the British Dietetic Association (BDA) and in 2012 she led a project group of dietitians writing a professional guidance document entitled The Nutrition and Hydration Digest: Improving Outcomes through Food and Beverage Services; now established as the 'go to' guide for all nutritional aspects of patient catering. She has also been involved in other initiatives such as Better Hospital Food, has spoken at major events including the annual Hospital Caterers Association Conference and has penned several recent articles in professional journals. Last year Maxine was honoured with an IBEX Award from the BDA and she will soon feature on the James Martin BBC television series 'Operation Hospital Food'.



## Course Programme

- 12.45 - 1.15 **Registration and Refreshments**  
1.15 - 1.20 Introduction and Welcome  
1.20 - 1.45 **ABC of Nutrition and the Elderly**  
This talk will cover:  
- *What is a balanced diet?*  
- *Dietary requirements and importance of a nutritionally balanced diet for the elderly*  
- *The nutritional problems of the elderly*
- 1.45 - 1.50 **Questions and discussion**  
1.50 - 2.15 **Menu Planning**  
- *Catering requirements for the elderly and food labeling*  
- *Theory into practice, planning suitable menus for the elderly*
- 2.15 - 2.35 **Refreshments**  
2.35 - 3.00 **Menu Planning (cont)**  
3.00 - 4.15 **Helping People with Dementia Eat Well**  
- *Understanding the illness and particular needs of the elderly person with dementia*  
- *Right methods for food preparation, presentation and delivery, practical advice and tips*
- 4.15 - 4.30 **Question, discussion and close**  
4.30 **Close**

## Course Details:

- Date:** Monday 19th May 2014  
**Venue:** Hilton Glasgow Grosvenor Hotel,  
1-9 Grosvenor Terrace, Glasgow, G12 0TA  
**Time:** The course will commence promptly at 1.15pm and finish approximately at 4.30 pm.  
Registration will be from 12.45pm - 1.15 pm with refreshments on arrival.  
**Cost:** £97.00 + vat

**Registration:** *It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you.*

**Forthcoming conference:** Food Safety & Nutrition Live Tuesday 20th May 2014, Glasgow  
A "MUST" attend event for all professionals involved in the preparation and provision of food.  
Further details: [www.medicacpd.com](http://www.medicacpd.com)

# Registration Form - Eating Well for Older People Course

## You can register:

- Online at – [www.medicapcd.com](http://www.medicapcd.com)
- By Telephone - 0141 638 4098 / 07966 561474
- By Post - Please complete this registration form, download and return no later than 12 th May 2014, to the address at the bottom of this form.

## I wish to attend the following event: (please tick the appropriate box)

Eating Well for Older People Course, 19th May 2014, £97.00 +vat

## Your Details (BLOCK CAPITALS)

First name \_\_\_\_\_ Surname \_\_\_\_\_

Job Title \_\_\_\_\_

Organisation \_\_\_\_\_

Email (required) \_\_\_\_\_

Address: \_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_

Special diets/mobility \_\_\_\_\_

How did you hear about the event? \_\_\_\_\_

*It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you. If you have not received confirmation within ten days of submitting your booking, please contact Carolyn on the above numbers or email [carolyn@medicapcd.com](mailto:carolyn@medicapcd.com)*

## How to Pay:

It is the responsibility of the delegate to ensure payment is made prior to attendance of the event/s. (Please tick appropriate box)

- By Cheque: I enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with the form to the address below.
- By Credit Card: Please book online at [www.medicapcd.com](http://www.medicapcd.com) (A small charge of 3.4% will be added to all credit credit/debit card charges)
- By Invoice: Please send invoice to –

Name (in block capitals) \_\_\_\_\_

Job Title \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_

Email \_\_\_\_\_

Purchase order number (if relevant) \_\_\_\_\_

An invoice will be sent to the appropriate person by email. If you would prefer to receive confirmation by post please tick this box.

**Payment due:** 30 days from invoice date or before the event date (**whichever comes sooner**). Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

## Group Bookings – Please call Carolyn on 0141 638 4098

**Terms and Conditions** 1. Your registration constitutes a legally binding agreement. Payment must be received before the event. 2. Cancellation policy: Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before the 20th February 2014. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day are liable for the registration fee. 3. The organisers reserve the right to change the programme, speakers and venue as required. 4. In the unlikely event that we have to cancel the event/s we will issue a refund for the registration fee. We are not responsible for any other costs.

**Data Protection** The personal data that you supply during the registration of these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the events. The personal data in the database will be retained by the Conference Organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.

## Medica Cpd Ltd

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