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Llywodraeth Cymru  
Welsh Government

Welsh Government  
Consultation Document

# Food and Nutrition in Older People Care Homes

Guidance on Best Practice

Date of issue: 19 July 2019

Action required: Responses by 11th October 2019

Mae'r ddogfen yma hefyd ar gael yn Gymraeg.  
This document is also available in Welsh.

**Overview** The purpose of this guidance is to support Older People Care Homes to provide food and drink to meet the nutritional needs of their residents.

**How to respond** Please complete the consultation response form and send it to: [Lifestyles@gov.wales](mailto:Lifestyles@gov.wales)

**Further information and related documents** **Large print, Braille and alternative language versions of this document are available on request.**

Insert any references to the internet, documents or information which might be useful to consultees e.g. consultation web address, detailed appendix to consultation

**Contact details** For further information:

Name: Healthy and Active Branch

Address: Welsh Government  
Cathays Park 2  
Cardiff  
CF10 3NQ

Mailbox

Address: [Lifestyles@gov.wales](mailto:Lifestyles@gov.wales)

email:

telephone:

## General Data Protection Regulation (GDPR)

The Welsh Government will be data controller for any personal data you provide as part of your response to the consultation. Welsh Ministers have statutory powers they will rely on to process this personal data which will enable them to make informed decisions about how they exercise their public functions. Any response you send us will be seen in full by Welsh Government staff dealing with the issues which this consultation is about or planning future consultations. Where the Welsh Government undertakes further analysis of consultation responses then this work may be commissioned to be carried out by an accredited third party (e.g. a research organisation or a consultancy company). Any such work will only be undertaken under contract. Welsh Government's standard terms and conditions for such contracts set out strict requirements for the processing and safekeeping of personal data.

In order to show that the consultation was carried out properly, the Welsh Government intends to publish a summary of the responses to this document. We may also publish responses in full. Normally, the name and address (or part of the address) of the person or organisation who sent the response are published with the response. If you do not want your name or address published, please tell us this in writing when you send your response. We will then redact them before publishing.

You should also be aware of our responsibilities under Freedom of Information legislation. If your details are published as part of the consultation response then these published reports will be retained indefinitely. Any of your data held otherwise by Welsh Government will be kept for no more than three years.

## Your rights

Under the data protection legislation, you have the right:

- to be informed of the personal data holds about you and to access it
- to require us to rectify inaccuracies in that data
- to (in certain circumstances) object to or restrict processing
- for (in certain circumstances) your data to be 'erased'
- to (in certain circumstances) data portability
- to lodge a complaint with the Information Commissioner's Office (ICO) who is our independent regulator for data protection.

For further details about the information the Welsh Government holds and its use, or if you want to exercise your rights under the GDPR, please see contact details below:  
Data Protection Officer:  
Welsh Government  
Cathays Park  
CARDIFF  
CF10 3NQ

e-mail:

[Data.ProtectionOfficer@gov.wales](mailto:Data.ProtectionOfficer@gov.wales)

The contact details for the Information Commissioner's Office are:

Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 01625 545 745 or  
0303 123 1113

Website: <https://ico.org.uk/>

## **The Foreword**

Our vision is for older people in care homes in Wales to optimise their nutritional health and wellbeing in a caring and dignified environment. They should enjoy their food and be able to access it, according to their needs and wishes. With increasing age, factors can affect our food and drink intake and increase the risk of malnutrition, which can have serious health consequences. Older people resident in care homes may be particularly at risk, especially if they have conditions that impact on their food and drink intakes. We are aware of some excellent practices in care homes across Wales. We want to support all care homes to achieve best practice and to provide a quality food service to their residents

We are delighted to launch this consultation on the Food and Nutrition Best Practice Guidance for Older People Care Homes. Our aim is to support care homes to help improve the quality and provision of food and drink and to help providers to meet their obligations under the Regulation and Inspection of Social Care (Wales) Act 2016.

We want this best practice guidance to be a practical and user friendly resource which will help to achieve excellent quality food provision in older people care home settings. Through this consultation we want to hear from care home providers, inspectors, dietitians, local authorities, and most importantly residents and their families.

The Welsh Government will be attending a number of existing forums over the course of the consultation period to promote awareness of and discuss the guidance. We will also be liaising with providers directly to consider your practical experiences. We want to hear about your experiences of food and drink in settings at the moment and to consider some of the great practice already taking place.

We acknowledge the input from key care home provider organisations, Care Inspectorate Wales, Dietitians, Age Cymru, FSA, Health Boards and Local authorities, who helped inform and shape the draft guidance.

We welcome your thoughts, which will help to produce the final version which we will be launching towards the end of this year.

## **What are the main issues?**

Older people in care homes have a range of dietary needs. Residents who are well and have a good appetite can enjoy a balanced healthy diet. Many care homes will have residents who are more likely to have support needs and/or conditions that impact on their food and drink intakes and are more vulnerable to malnutrition. This makes it more important to ensure that food and drink provided is enjoyable, nutritious and accessible, in order to maintain their health and wellbeing.

## **Where are we now?**

The Public Health (Wales) Act 2017 white paper outlined the proposals for developing further guidance and best practice standards on food and nutrition for other public settings, one of which was older people care home settings. The publication of Food and Nutrition in Older People Care Homes Consultation – best practice guidance is part of this process.

This guidance has been put together with input from a range of care home providers, health and social care professionals, and relevant partners and builds on the earlier work to develop 'Menus Count in Care' in Torfaen.

It will comprise of a comprehensive guidance outlining food standards and how to implement them in practice, as well as relevant sections on hydration, food fortification, textures and special diets relevant to older people and the importance of the dining environment to create an holistic approach. It will also be supported by a full range of menu plans and recipe ideas.

## **Evidence for change**

Recent surveys show that across Wales we have large numbers of people over the age of 65 who are overweight or obese, however obesity does decrease with increasing age. The percentage of older people in care homes who are overweight or obese is likely to be much less than the average population, although the incidence of diabetes is likely to be greater than the general population.

In the UK, prevalence of under nutrition is widespread for people being admitted to hospitals and care homes. Results from a national survey in 2011 estimated an overall prevalence of 41% in care homes, with a range of 30-40% on admission, with a tendency to increase with age.

The majority of care home residents are over 65 and many over 75 years and will potentially be at risk of malnutrition. If they have higher support needs they are more likely to have poorer appetites. It is important to meet their dietary needs through small quantities of nutritious food and drink, and where they are at risk of malnutrition they may require a fortified diet and if they have been diagnosed with a swallowing problem will need a texture modified diet.

**Consultation  
Response Form**

Your name:  
Organisation (if  
applicable):  
email / telephone  
number:  
Your address:

**Consultation Questions**

**Food and Nutrition for Older People Care Homes - Best Practice Guidance**

We wish to work with care home settings to help improve the quality of food and drink provision and to support them to meet the range of nutritional needs of their residents to optimise their health and wellbeing outcomes.

**To this end we have included a number of questions to consider relating to the content of the document:**

Please note that the final resource will be web based and visual. We are consulting on the **written content** and the **proposed design**.

Please tick type of respondent

- Care home provider
- Care home Inspector
- Health professional
- Resident
- Resident relative
- Local Authority
- Other (please state) .....

1. Do you agree that up to date food and nutrition best practice guidance is helpful to have in place?  
  
Yes/No Please explain why
2. How do you feel about the layout of the sections, are they easy to read and follow ?
3. What would help to ensure these are easily accessible to you? (e.g. individual sections on the web, printer friendly)
4. How do you feel about the proposed design as shown for Section 2 and the Menus and Recipes
5. Thinking about each of the sections, do you feel there are:

- a. any particular sections of information in the document which you disagree about?
  - b. any gaps in information which you think should be included?
  - c. any parts that are particularly helpful ?
6. Do you feel there are any particular issues or barriers which could prevent the successful implementation of the food and nutrition guidance?

If yes, please say what they are and how do you think these could be overcome?

7. What kind of training, support or resource would you like to see to help support the successful implementation of the best practice guidance?
8. How will you use it?

If you are a care home provider please answer questions 9 and 10

9. Do you think the food and meal standards, and recipes will be help you to plan meals, snacks, drinks and menus for the residents in your care?

Yes/No please explain how or why not

10. Do you currently provide food for residents who require modified texture diets?  
Yes/No  
If Yes, How many residents currently require modified texture diets, approximately ? If No, please go to the end

< 5

5 -10

11- 20

>20

11. Do you provide the IDDSI textures? (<https://iddsi.org/resources/>)

Yes/No

If Yes tick the ones you are able to provide, if No go to Q 12

IDDSI Level 7 Regular diet

IDDSI Level 7 Easy to chew

IDDSI Level 6 Soft and bite sized

IDDSI level 5 Minced and moist

IDDSI level 4 Pureed

IDDSI Level 3 Liquidised

Are any of these bought in? Yes/No If yes,say which

12. Describe the types of texture that you are able to provide

13. Does the IDDSI web site and APP provide you with all the information you require to implement it?

Yes/No

If no, what further information or support would you need?

Finally we would like to hear from care homes you if you would like to contribute any recipes to the planned Menus and Recipe section or examples of good practice to highlight in the guidance, please contact the lifestyle mailbox separately at [Lifestyles@gov.wales](mailto:Lifestyles@gov.wales)

Question 14: We would like to know your views on the effects that Food and Nutrition in Older People Care Homes – Best Practice Guidance would have on the Welsh language, specifically on opportunities for people to use Welsh and on treating the Welsh language no less favourably than English.

What effects do you think there would be? How could positive effects be increased, or negative effects be mitigated?

Question 15: Please also explain how you believe the proposed Food and Nutrition in Older People Care Homes – Best Practice Guidance could be formulated or changed so as to have positive effects or increased positive effects on opportunities for people to use the Welsh language and on treating the Welsh language no less favourably than the English language, and no adverse effects on opportunities for people to use the Welsh language and on treating the Welsh language no less favourably than the English language.

We have asked a number of specific questions. If you have any related issues which we have not specifically addressed, please use this space to report them:  
Please enter here:

Responses to consultations are likely to be made public, on the internet or in a report. If you would prefer your response to remain anonymous, please tick here: