

Not eating well - picking up the clues

Dear colleagues,



“I’ve lost interest in cooking” “I forget to eat” “I find it painful to chew and swallow” ... I often do not feel like eating” “Food tastes and smells different these days”

As people get older their attitude to food can change. This can be as a result of a bereavement, loneliness, depression, ill health, poverty, maybe just a lack of energy. Malnutrition in the elderly is an increasing problem, often interwoven with other issues.

Sentiments expressed like those above are clues that someone may not be feeding themselves well and putting themselves at risk. It may indicate they have other issues which are undiagnosed and which may get worse.

On People First we’ve got a wealth of information about helping residents stay well-nourished.

- See our [page on Diet and Nutrition](#) for information on services that can help, including how to make a referral online for a health check for a resident.
- See also our page on [meals and meals services](#) which includes links to [the community shopping service](#) as well as other options, the pages on [affordable eating](#) and [cooking for one](#), and [our page on transport](#) which has ideas to help residents get out to shops and lunch opportunities.
- Ill health or increasing immobility can be issue; take a look at the [equipment that can help](#) pages - a simple thing like an adapted tin-opener for someone with arthritis could make the difference.
- [Check the Events section](#) - over 100 activities a day - for a range of ideas which include meal-time options. Some are for the housebound.
- In Kensington and Chelsea, Central London Community Healthcare and Adult Social Care have produced [a leaflet for residents and professionals which highlights specific nutrition issues](#) and local organisations that can help. Even if you don’t work in RBKC, it’s worth taking a look.



As with all our emails please help us spread the word about People First to the public and to professionals by forwarding this email on to people in your organisations and networks.

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Thank you
The People First team



What is People First?

[People First](#) is the core **Information and Advice** web service for residents, staff and fellow professionals, run by the Adult Social Care departments of Hammersmith & Fulham, Kensington and Chelsea and Westminster. Our aim is to provide easy-to-use, jargon free and engaging information in a bright visual way that will help keep people stay safe, well and independent.



Comments, ideas, suggestions? Let us know! peoplefirst@rbkc.gov.uk