

COVID-19: NUTRITION SUPPORT FOR CARE HOMES

Dietary Advice: Covid-19 +ve residents

Nutrition support is essential in ALL residents with a diagnosis of Covid-19. For some, this will only be temporary changes during the time of illness.

- NOT a time for restrictive diets (eg. weight loss diets or diabetic diets)
- High energy and high protein foods should be encouraged for all
- Regular snacks in between meals
- Nourishing drinks to be offered

Nourishing Drinks

- Full fat milk
- Cups of soup
- Horlicks
- Ovaltine
- Hot chocolate
- Milkshakes
- Juices
- Smoothies

Fortify with double cream and skimmed milk powder

High Protein Snacks / Boosters

- Cheese and crackers
- Nut butters – add to toast, fruit, crackers
- Skimmed milk powder
- Mini quiches
- Mini sausage rolls/cheese and onion rolls
- Soft fruit and nut bars
- Flapjacks
- Cottage cheese
- Grounded nuts – add to porridge or milkshakes

Physical Activity

It is important to keep your residents as active as possible to maintain muscle mass, prevent decline in mobility and to stimulate appetite.

You could consider:

- YouTube videos aimed for older adults and chair workouts (eg. The Body Coach)
- Dancing with the residents in their rooms
- Walking around the garden

Other Tips

- Support your residents to video call their families if able – especially those who would eat better when their family are present. Consider a video call with family at meal times.
- If you are struggling with supplies, care homes can use the hour reserved for older people at the supermarkets (check with your local stores) and Costco usually stock skimmed milk powder + Nesquik.
- If residents are self-isolating and cannot be outdoors to absorb Vitamin D from the sun, consider 10mg Vitamin D daily supplement.

Please contact our department should you have any concerns or queries: 01536492317