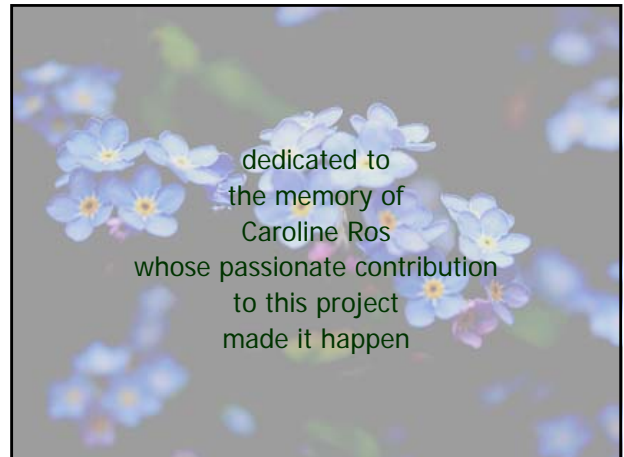




Development and implementation of an effective, healthy menu plan for people living in community group homes with the aim of improving nutritional intake and health.


Together, we can do it. *We can Do It*



dedicated to the memory of Caroline Ros whose passionate contribution to this project made it happen

accommodation

- 8 houses
- 40 clients
- 37 staff
- service model: active or passive staff up to 24-hours




rationale

- clients who moved from family care or institutional care into to community accommodation often gained weight
- as these clients have aged we have become confronted with clients developing lifestyle related illnesses such as: diabetes, sleep apnoea and heart disease



staff values, attitudes and knowledge

- "it's their choice – if I ask what they want for dinner they say takeaway or fish and chips" –
- "you wouldn't want to have vegetables every day how boring!"
- "people with disabilities tend to put on weight easily – it can't be helped."
- "it's the medication."
- "we don't have time."
- "I do prepare good meals, same as at home. "



values & attitudes

poor choices




duty of care vs choice

other issues with the menu

- clients with swallowing difficulties were often given a different meal, consequences of this were:
 - dissatisfaction with their meal
- increased pressure on staff time
- non-compliance with requirements

sample menu - before

sunday	roast
monday	spaghetti bolognaise
tuesday	frozen pizza
wednesday	lasagne
thursday	sausage & eggs
friday	takeaway
saturday	BBQ

analysis of diet

- most foods highly processed
- less than 5 serves of vegetables a day
- low fibre
- high in saturated fats
- low "good" fats
- high salt

BMI's before introduction of the menu

weight categories

Category	aust	clients
desirable	~48	~32
overweight	~38	~28
obese	~22	~48

N = 34

challenges

we needed to:

- get staff support for the project
- assist those with no knowledge of meal preparation
- gain co-operation with people who are reluctant to look at the issues from another point of view
- utilise those who were on side to promote the change of menu
- getting the clients to accept the changes
- get families support what could be classified as directive action

education

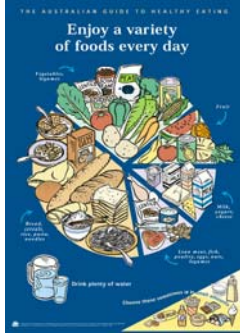

a series of workshops

information obtained from:

- diabetes SA
- cancer council Australia
- dietician



materials

materials



Source: Diabetes SA

menu requirements


- flexibility
- cater for varied tastes
- include suggestions from staff and clients (these were then modified by the dietician and speech pathologist)



introduction of the healthy menu plan

```

    graph TD
      A[consultation with staff and families] --> B[dietician developed the menu with staff]
      B --> C[speech pathologist assessed the menu for suitability for modification]
      C --> D[trial of menu in one house for 4 weeks]
      D --> E[evaluation of 4 week trial - favourable outcomes]
      E --> F[roll out of menu to other houses in consultation with dietician, staff, clients and families]
    
```



menu

Week 4	
sunday	chicken pie
monday	ratatouille served with rice
tuesday	thai fish curry with steamed rice and vegetables
wednesday	gnocchi with pumpkin sauce
thursday	chicken and mushroom fettuccine
friday	roasted vegetable tart
saturday	easy steak casserole; with steamed potato and vegetables






evolution of the project

- changed from 4 to 5 week menu
- added: snacks and soups
- discussion at staff and consumer meetings
- a replacement menu was introduced
- healthy lifestyle and support project



healthy lifestyle and support project

aims to:


- promote use of the menu
- provide basic nutritional information to clients
- provide opportunities for staff and clients to discuss any concerns about the menu
- discuss values and attitudes about food
- encourage staff to find ways of increasing opportunities for clients to exercise



exercises

"easy moves for active aging" for maintaining / increasing:



- flexibility
- balance
- muscular strength



<http://www.activeageingsa.net.au/>



relaxation



making lunch






evaluation of the healthy menu plan

evaluation was completed by:

- staff completing a satisfaction survey before and after the introduction of the menu
- clients completing a satisfaction with the menu survey before and after the introduction of the menu
- clients rating all meals from "love" to "hate"
- comparison of before and after grocery costs
- recording client weights and BMIs








results from staff satisfaction with the change of menu survey

- positives:
 - easier to cater for clients with swallowing issues
 - easier for relief staff
 - some staff gained cooking skills
 - clients losing weight
 - meals were "tasty"
- problems:
 - serving size not large enough / too large
 - too many ingredients
 - too much time to prepare
- strategies used to address issues:
 - purchase of better equipment
 - time management
 - variation to the menu



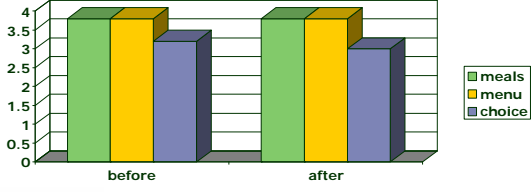
survey materials

			
strongly agree	agree	disagree	strongly disagree




results from client satisfaction with the change of menu survey

satisfaction with menu



Category	before	after
meals	3.8	3.8
menu	3.8	3.8
choice	3.2	3.2


1. I am happy with the meals provided.
4. I am happy with the current menu plan for the evening meal.
6. I get to choose which meals are served.



results from client satisfaction with individual meals


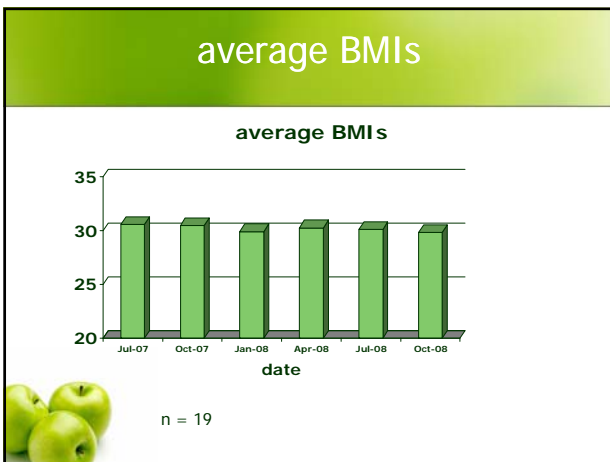
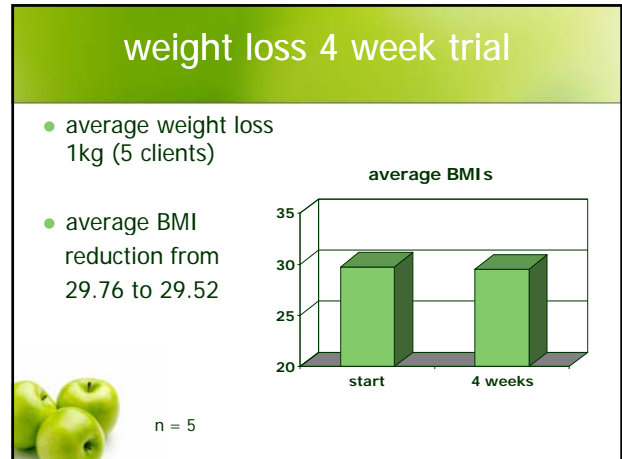
average client satisfaction for all meals

Love	Like	OK	Don't Like	Hate
53%	36%	8%	1%	2%



comparison of costs before and after the introduction of the menu

average weekly shopping cost	
before	after
\$272.73	\$302.80
<small>ave. previous 4 weeks</small>	<small>ave. first 4 weeks</small>

- ### beyond formal evaluation
- clients started to enjoy wider variety of foods
 - broadening choices when eating out
 - staff have developed greater interest in developing menu plan
 - less lethargy, more willing to try changes to routines
 - this will be a living project and a guide for future development
 - blood lipid profiles have improved significantly
 - reduction in diabetes medication
- 