Mealtimes and dining experience in aged care - Position statement

Our position

We support the development of a national policy to improve dining experiences in aged care facilities. This policy will establish standards for the meals and mealtime environment provided to residents.

Aged care providers should seek the help of Accredited Practising Dietitians (APDs) to assess meals and dining experiences to ensure optimal care is provided.

Background

In aged care facilities, mealtimes offer the chance to improve the health outcomes of residents. Currently, only 9.8% of aged care residents finish their main meals. This leads to unintentional weight loss.

To improve the dining experience, aged care providers should:

- use a communal dining environment
- allow residents to choose their own meals
- engage an APD to assess meals

For more information, download our full position statement on the mealtimes and dining experience in aged care.

Get in touch

If you have questions about this position statement, contact us at policy@dietitiansaustralia.org.au