Dietitians Australia

Consumer choice and dignity (aged care) - Position statement

Our position

Food choice is a core component of the Aged Care Quality standards.

All meals should be nutritious, culturally appropriate and contribute to a positive dining experience and health outcomes.

Accredited Practising Dietitians (APDs) should be involved in the catering to individual choice and preferences, and determining cost-effective, nutritious menu options for organisations and individual consumers. This will improve the overall dietary experience of aged care consumers.

Background

Consumers in residential aged care are more likely to enjoy and eat their meals if the food provided is familiar and of their own choosing.

Due to limited resources, food choices are often made by aged care staff, not the consumer, and don't cater to individual dietary needs or preferences.

Currently, residents requiring texture-modified meals are given little to no choice. This can be dangerous if those with dietary needs such as allergies or intolerances are not considered.

APDs are needed to help design individual meal plans for organisations to better cater to the needs of consumers.

For more information, download our full position statement.

Get in touch

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