Dietitians enshrined in Australia's new Aged Care Act

Dietitians Australia is celebrating the passing of the new Aged Care Act through Australian Parliament this week as a victory for the nutrition rights of older people in this country.

Under the Act's strengthened Quality Standards, it will now be a legislative requirement for all residential aged care providers to have their menus and mealtime experiences reviewed by accredited practising dietitian, at minimum once a year.

"As a profession, we've been advocating for better food and nutrition in Aged Care for decades, and this week marks the moment in history that nutrition rights and dietitians have become enshrined in the new Aged Care Act," Dietitians Australia President Tara Diversi said.

"We thank Minister Anika Wells for her unwavering commitment to the nutrition rights of older Australians, and for deeply understanding the vital role that accredited practising dietitians play in guaranteeing these rights.

Starting from 1 July 2025, the new Act will enable the Quality Standard (Standard 6, Food and Nutrition), to come into effect.

This Quality Standard will require residential aged care providers to have their menus designed in partnership with older people and developed with the input of chefs, cooks and accredited practising dietitians.

"Aged care providers - you can be assured accredited practising dietitians are here to help you meet this critical standard," Ms Diversi said.

"Dietitians will work alongside you, your community, and your teams to ensure that the food and drink provided to older adults cater to their tastes and unique nutritional requirements.

"By working together, we can ensure Australia's residential aged care facilities are places where older people experience a high quality of life, and malnutrition in aged care facilities can finally be left in the past.

For media enquiries and interviews, contact our Media Manager on 0409 661 920.

Note to Editors: Dietitians Australia is the leading voice in nutrition and dietetics, representing dietitians nationally and advocating for healthier communities. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government as the quality standard for nutrition and dietetics services in Australia.