Hungry to be Heard Campaign

About Age Concern:
- UK’s largest charity working with and for older people
- Second only to the NHS in delivering services to older people
- Over 500 Age Concerns work locally and nationally throughout the UK
- We campaign on issues that affect the rights, wellbeing and dignity of older people

The campaign:
To end the scandal of malnourished older people in hospital
- 6 out of 10 older people are at risk of becoming malnourished, or their situation getting worse
- 4 out of 10 older people are already malnourished on arrival to hospital
### Key issues

- Inappropriateness of the food served
- Lack of assistance with eating.

### Age Concern’s 7 Steps...

Ward staff must:

1. Listen to older people, their relatives/carers
2. Become “food aware”
3. Follow guidelines and own professional codes
4. Screen older people on arrival for signs of malnutrition, and at regular intervals
5. Introduce “protected mealtimes”
6. Implement a “red tray” system
7. Use volunteers as appropriate
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Action being taken to address the issue:

• Department of Health launched ‘Improving nutritional care’
• 10 key characteristics of good nutritional care
• Healthcare commission included nutrition in its dignity assessment programme
• Other organisations are working on this issue

What can you do?

• What can you do to improve nutrition for older people where you work?

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