# WRITTEN STATEMENT

# BY

# THE WELSH GOVERNMENT

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| **TITLE** | **Food and Nutrition for Older People Care Homes –Best Practice Guidance** |
| **DATE** | **19 July 2019** |
| **BY** | **Vaughan Gething AM, Minister for Health and Social Services**  **Julie Morgan AM, Deputy Minister for Health and Social Services** |

As we get older it is important to continue to eat a balanced nutritious diet to maintain health and wellbeing. With increasing age, various factors can affect our food and drink intake and increase the risk of malnutrition, which can have serious health consequences. Older people resident in care homes may be particularly at risk, especially if they have conditions that impact on their food and drink intakes.

It is clearly important that the dietary needs of all residents in older people care homes are met through the provision of quality food and adequate hydration, delivered in a caring and dignified environment. Today we are launching a 12 week consultation on Food and Nutrition for Older People Care Homes - Best Practice Guidance.

The guidance will aim to support the care home sector to improve the nutritional quality of the food they serve, and to meet the range of needs to achieve the best outcomes for the older people they care for, in relation to their nutritional health and well being. This will be supported by a full range of menu plans and recipe ideas to promote best practice. The guidance will also support Care Inspectorate Wales in its inspection and enable a more informed judgement in this area.

The guidance has been developed in close collaboration with key stakeholders. We intend to now engage and test the guidance with the wider sectors, including care home staff and families, dietitians, inspectors and most importantly with residents to gather feedback. This will help to ensure we have developed a practical resource which will increase nutritional standards across Wales in these settings.

<https://beta.gov.wales/consultations>