

# Nutrition



## Introduction

As a caregiver, you may be responsible for planning and preparing meals. Older adults experiencing frailty have high rates of poor nutrition. Some people find it difficult to make nutritious meals for a person experiencing frailty.

You may have questions related to nutrition, such as:

- What is the difference between good and poor nutrition?
- Why is it important to recognize eating habits?
- How do you recognize if a person is at nutrition risk?
- What happens when the person you care for refuses food?
- What is the link between mouth care and nutrition?

This chapter may help you answer these questions. By applying, and adapting the strategies in this chapter, you can help the person you care for maintain good nutrition.

Facts about Nutrition

### **Good nutrition improves:**

- Sleep.
- Thinking, memory and mood.
- Blood sugar and digestion.
- Energy, strength, and weight management.
- Blood pressure and heart health.
- Ability to fight infection and heal from illness.
- Medication effectiveness.

**Good nutrition** is defined as the act of eating a variety of foods necessary for health and growth. **Poor nutrition** (malnutrition) is defined as a lack of intake of food or nutrients, leading to poor health. **Dehydration** is a condition that occurs when the body does not have enough water to function properly. Dehydration occurs when a person drinks less fluid than the amount of fluid they lose.

*The information in this chapter is not intended to replace the advice of a health care professional. Please consult a health care professional for advice about specific medical conditions. Look for our [helpful tips on communicating effectively with health care professionals](#).*

## **X A Myth about Nutrition**

*Malnutrition cannot be prevented or treated in seniors.*

A commonly held misbelief is that it is not possible to do anything about malnutrition in the senior population. With the right knowledge and information, malnutrition is **preventable** and **treatable**!

## **Recognizing Eating Habits**

Recognizing a person's eating habits is the first step to supporting good nutrition. You may notice the person you are caring for is eating less than usual.

There may be reasons for changes in a person's eating habits, such as:

- **Knowledge:** Does the person know how to make healthy meal choices and/or how to cook or prepare their meal?
- **Access:** Does the person live close to grocery stores or markets? Does their community provide meal delivery services?
- **Money:** What healthy choices are available within the person's budget?
- **Social:** Does the person prefer eating with others or alone?
- **Culture:** What are the person's values and norms about meals and food choices?
- **Medical:** Are there any health reasons that make it difficult for the person to chew or swallow? What about health reasons that have changed the way food tastes or smells (e.g. medications)? Can the person physically prepare a meal (e.g. chop, carry pots, stir, peel, etc.)



## Recognizing Nutrition Risk

### How do you recognize if a person is at risk for poor nutrition?

Once you better understand a person's eating habits, you can screen for malnutrition.

The **Self-Mini Nutritional Assessment (Self-MNA®)** is a questionnaire that can be completed by you and the senior you are caring for. This questionnaire can help you recognize malnutrition. To complete the **Self-MNA®** see: [Tool 4.1: Recognizing Malnutrition](#).

### How do you recognize if a person is at risk for dehydration?

The following is a list of some of the signs you may notice when the person you care for is not getting enough fluid:

- **Dry mouth:** the person you care for complains of waking up with a dry mouth, or a dry mouth during the day.
- **Yellow or dark (amber) urine:** when a person is well hydrated, urine should be light yellow or almost clear.
- **Bad breath:** the person you care for has noticeable bad breath even after brushing their teeth.
- **Constipation:** the person you care for has not had a bowel movement in three days.
- **Tired all the time:** even after a good night sleep, the person you care for complains of feeling tired or you notice low energy all day.

---

*“As a caregiver,  
I make all the  
meals at home”*

– A caregiver from  
Thunder Bay, ON

---

## Strategies for When a Person is Refusing to Eat

There may be [many reasons that cause changes in a person's eating habits](#). If the person you are caring for refuses to eat or is eating much less than usual, you may want to consider the following strategies:

### Think Small and Simple.

- Consider having smaller meals on smaller plates. Sometimes a big plate with a big portion looks like too much for a person and they may refuse saying, "I couldn't possibly eat all of this".
- Sometimes less is more. Try limiting the number of food items on a plate and avoiding excessive use of spices and garnishes.
- If the person prefers to eat small meals more frequently, have lots of small healthy snacks available during the day.

### Consider Comfort.

- Watch how the person you care for chews and swallows. Do they have difficulty?
- Ensure food is moist, soft and safe to swallow.
- Eat with the person you are caring for. Sometimes people feel a social connection with meals and being with others can make a person feel comfortable.

### Track Meals.

- Use a notebook or nutrition diary to track foods eaten throughout the day. This will be useful to refer back to when you are speaking with a health care professional.
- Also take note of snacking. The person you care for might be getting full before meals.

### Consider Timing.

- The person you care for may not be hungry at particular times. Consider adjusting the routine based on their appetite.
- Many people have a favorite meal of the day. Try to get as many nutrients and calories into this meal.

### Speak with a Health Care Professional.

- A person refusing to eat could be a sign of an underlying health issue.
- Registered Dietitians can provide you with advice on how to add nutritious calories into your meals.
- See below for [helpful tips to communicate with health care professionals](#).



## The Link between Mouth Care and Nutrition

### What do I need to know about mouth care and nutrition?

The entire mouth is linked to a person's nutrition. Taking care of the teeth and gums is important. Brushing and cleaning the mouth can stimulate appetite and make eating more enjoyable. Pain in the teeth, gums, and/or dentures can make it difficult for a person to eat. Talk to a dentist if you are noticing these symptoms. [See Tool 4.2.2: Mouth Care](#) for tips from the Canadian Dental Association.

### Helpful Tips to Communicate with Health Care Professionals

It can be hard to know what to say to a health care professional about nutrition. It is important to be prepared when you speak with health care professionals so that they can provide the best help and recommendations.

The following are some helpful tips on how to communicate with health care professionals:

#### Offer detail.

- The more detail you can provide about a change in a person's nutrition, the more a health provider can work out different strategies to help.
- Important details include:
  - When did this start?
  - How long have they had difficulty?
  - How much difficulty do they have?
  - What have you tried so far?
- Share the results of the completed [Self-MNA®](#).
- Keep track of weekly weight and write down meals and snacks.
- Note foods and liquids that are difficult to chew or swallow.
- Beyond explaining who you are and the relationship you have with the person, offer details about your caregiving role, and the support you provide.

## Ask questions.

What might be causing the observed changes in the person you are caring for?

- Health care professionals may want to figure out why someone may have changed, especially if this change is something that has come on quickly. They may review medications, ask about daily routine and habits, and may consider doing medical tests to understand more.

What support does the community have to offer for nutrition?

- Health care professionals will share their knowledge about Registered Dietitians, nutritionists, geriatric teams and community programs that support nutrition, meal delivery, and dining clubs. They will tell you if they think a referral is necessary.

## Helpful tips to communicate with health care professionals

**Nutritional Safety: When to Speak to a Health Care Professional**

- If the person you are caring for is showing any of the following signs:
  - Obvious and occasional coughing during meals and/or after sips of fluid
  - Rapid weight loss or weight gain (within six months).
  - Complaining of pain during chewing or swallowing.



## Strategies to Manage Nutrition

### How does meal planning support nutrition?

Planning meals ahead of time can help you save money and make more nutritious choices for the person you are caring for. Here are some tips to make meal planning easier:

#### Make time.

- Consider your schedule and the time you have available to go shopping. Book grocery shopping in your calendar and make it a priority in your schedule

#### Grab a notebook.

- Decide what you and the person you care for would like to eat in advance. Write these ideas down in a notebook that you can refer back to later.
- Add to your grocery list as you think of each item, and keep it handy to save time.
- Don't forget the little things! Include nutritious snacks for easy access with little to no preparation needed.
- Include fluids. There are certain foods that count as fluid (e.g. yogurt, soups, some fruits and vegetables).
- Save money and time by sticking to your list.

#### Get Inspired.

- Review a sample weekly meal planner ([See Tool 4.2.1: Sample Meal Plan](#)).
- Enjoy! Prepare the meals that you enjoy together.

## Finding Additional Support

### How do you find additional support related to nutrition?

Ask a health care professional. A qualified health care professional can point you in the right direction to find information about Registered Dietitians, nutritionists, geriatric teams and community programs that support nutrition.

#### Look online.

- Refer to Canada's Food Guide: <https://food-guide.canada.ca/en/healthy-food-choices/>
- Search for nutritional programs, meal delivery services and congregate dining by browsing the Healthline, health services for Ontario website at: [www.thehealthline.ca/](http://www.thehealthline.ca/). After selecting your region, enter the search term "meals".
- Browse UnlockFood.ca for information on nutrition, healthy eating, recipes, videos and interactive healthy eating tools at: <http://www.unlockfood.ca>.
- Eat Right Ontario [[http://www.unlockfood.ca/EatRightOntario/media/ERO\\_PDF/en/Seniors/Food-For-Healthy-Aging\\_E\\_Apr19-\(2\).pdf](http://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Seniors/Food-For-Healthy-Aging_E_Apr19-(2).pdf)] is a great guide to healthy eating for older adults (Dr. H. Keller, Dietitians of Canada, 2012) that includes recipes and information on maintaining a healthy weight, eating required nutrients for older adults on a budget, and staying hydrated.
- For inspiration, review a sample meal plan for the week that has been created by Dietitians of Canada (See Tool 4.2.1: Sample Meal Plan).

#### Find a specialist.

- Dietitians can help support you through individual counseling or nutrition programs and workshops. To speak to a local dietitian free of charge, browse the following website [www.dietitians.ca/find](http://www.dietitians.ca/find).

#### Check the Community.

- Ask public health units and/or community health centres in your area.
- Ask your local grocery store(s) to see if they offer appointments with dietitians.
- Read about how to get nutritious meals delivered to your door:
- Take a look at the Meals on Wheels website <http://www.mealsonwheels.ca/>.
- Take a look at the Heart to Home website <https://www.hearttohomemeals.ca/>.



## Summary

This chapter has explained how to figure out a person's eating habits and what they might mean. This chapter has also provided strategies for you to try that support nutrition. Now you can start to develop strategies to support nutrition in the person you care for and find the help you need.

## Nutrition Resources

### Tool 4.1: Recognizing Malnutrition – Using the Mini Nutritional Assessment

See page 64 and 65.

To download your own copy of the **Self-MNA**® online version,  
visit: [https://www.mna-elderly.com/mna\\_forms.html](https://www.mna-elderly.com/mna_forms.html).

For more general information on the Mini Nutritional Assessment,  
visit: [www.mna-elderly.com](http://www.mna-elderly.com).

## Tool 4.1: Recognizing Malnutrition – Using the Mini Nutritional Assessment

**Self-MNA<sup>®</sup>**Nestlé  
Nutrition Institute**Mini Nutritional Assessment***For Adults 65 years of Age and Older*

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Date: \_\_\_\_\_ Age: \_\_\_\_\_

Complete the screen by filling in the boxes with the appropriate numbers.  
Total the numbers for the final screening score.

**Screening****A Has your food intake declined over the past 3 months?****[ENTER ONE NUMBER]***Please enter the most appropriate number (0, 1, or 2) in the box to the right.*

0 = severe decrease in food intake  
1 = moderate decrease in food intake  
2 = no decrease in food intake

**B How much weight have you lost in the past 3 months?****[ENTER ONE NUMBER]***Please enter the most appropriate number (0, 1, 2 or 3) in the box to the right.*

0 = weight loss greater than 3 kg  
1 = do not know the amount of weight lost  
2 = weight loss between 1 and 3 kg  
3 = no weight loss or weight loss less than 1 kg

**C How would you describe your current mobility?****[ENTER ONE NUMBER]***Please enter the most appropriate number (0, 1, or 2) in the box to the right.*

0 = unable to get out of a bed, a chair, or a wheelchair without the assistance of another person  
1 = able to get out of bed or a chair, but unable to go out of my home  
2 = able to leave my home

**D Have you been stressed or severely ill in the past 3 months?****[ENTER ONE NUMBER]***Please enter the most appropriate number (0 or 2) in the box to the right.*

0 = yes  
2 = no

**E Are you currently experiencing dementia and/or prolonged severe sadness?****[ENTER ONE NUMBER]***Please enter the most appropriate number (0, 1, or 2) in the box to the right.*

0 = yes, severe dementia and/or prolonged severe sadness  
1 = yes, mild dementia, but no prolonged severe sadness  
2 = neither dementia nor prolonged severe sadness

**Please total all of the numbers you entered in the boxes for questions A-E and write the numbers here:**

Now, please **CHOOSE ONE** of the following two questions – F1 or F2 – to answer.

### Question F1

| Height (cm)  | Body Weight (kg) |             |             |              |
|--------------|------------------|-------------|-------------|--------------|
| 147.5        | Less than 41.1   | 41.1 – 45.3 | 45.4 – 49.6 | 49.7 or more |
| 150          | Less than 42.8   | 42.8 – 47.2 | 47.3 – 51.7 | 51.8 or more |
| 152.5        | Less than 44.2   | 44.2 – 48.7 | 48.8 – 53.4 | 53.5 or more |
| 155          | Less than 45.6   | 45.6 – 50.4 | 50.5 – 55.2 | 55.3 or more |
| 157.5        | Less than 47.1   | 47.1 – 52.0 | 52.1 – 57.0 | 57.1 or more |
| 160          | Less than 48.6   | 48.6 – 53.7 | 53.8 – 58.8 | 58.9 or more |
| 162.5        | Less than 50.2   | 50.2 – 55.4 | 55.5 – 60.6 | 60.7 or more |
| 165          | Less than 51.7   | 51.7 – 57.1 | 57.2 – 62.5 | 62.6 or more |
| 167.5        | Less than 53.3   | 53.3 – 58.8 | 58.9 – 64.4 | 64.5 or more |
| 170          | Less than 54.9   | 54.9 – 60.6 | 60.7 – 66.4 | 66.5 or more |
| 172.5        | Less than 56.5   | 56.5 – 62.4 | 62.5 – 68.3 | 68.4 or more |
| 175          | Less than 58.2   | 58.2 – 64.2 | 64.3 – 70.3 | 70.4 or more |
| 177.5        | Less than 59.9   | 59.9 – 66.1 | 66.2 – 72.4 | 72.5 or more |
| 180          | Less than 61.6   | 61.6 – 67.9 | 68.0 – 74.4 | 74.5 or more |
| 182.5        | Less than 63.3   | 63.3 – 69.8 | 69.9 – 76.5 | 76.6 or more |
| 185          | Less than 65.0   | 65.0 – 71.8 | 71.9 – 78.6 | 78.7 or more |
| 187.5        | Less than 66.8   | 66.8 – 73.7 | 73.8 – 80.8 | 80.9 or more |
| 190          | Less than 68.6   | 68.6 – 75.7 | 75.8 – 82.9 | 83.0 or more |
| 192.5        | Less than 70.4   | 70.4 – 77.7 | 77.8 – 85.1 | 85.2 or more |
| <b>Group</b> | <b>0</b>         | <b>1</b>    | <b>2</b>    | <b>3</b>     |

Please refer to the chart on the left and follow these instructions:

1. Find your height on the left-hand column of the chart.
2. Go across that row and circle the range that your weight falls into.
3. Look to the bottom of the chart to find out what group number (0, 1, 2, or 3) your circled weight range falls into.

Write the Group Number (0, 1, 2, or 3) here:

Write sum of questions A-E (from page 1)

Lastly, calculate the sum of these 2 numbers. This is your **SCREENING SCORE**:

### Question F2 DO NOT ANSWER QUESTION F2 IF QUESTION F1 IS ALREADY COMPLETED.

Measure the circumference of your **LEFT** calf by following the instructions below:

Loop a tape measure all the way around your calf to measure its size.

Record the measurement in cm: \_\_\_\_\_

If less than 31cm, enter "0" in the box to the right.

If 31cm or greater, enter "3" in the box to the right.



© SIGVARIS

Write the sum of questions A-E (from page 1) here:

Lastly, calculate the sum of these 2 numbers. This is your **SCREENING SCORE**:

### Screening Score (14 points maximum)

12–14 points: Normal nutritional status

8–11 points: At risk of malnutrition

0–7 points: Malnourished

Copy your **SCREENING SCORE**:

**If you score between 0-11, please take this form to a healthcare professional for consultation.**

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

## Tool 4.2.1: Weekly Meal Plan - Sample

For inspiration, review this weekly meal planner created by Dietitians of Canada:  
[http://www.unlockfood.ca/EatRightOntario/media/ERO\\_PDF/en/Menu%20Plans/SampleFamilyMenuPlan\\_en.pdf](http://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Menu%20Plans/SampleFamilyMenuPlan_en.pdf)



**EatRight Ontario**  
**My Menu Planner**  
 Healthy eating just got easier.

Get answers to meal time challenges.  
 Call toll-free to speak with a Registered Dietitian  
[www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight) 1-877-510-510-2\*

|                  | Breakfast                                                                                                                                     | Lunch                                                                                                                                                                                                                                                                   | Dinner                                                                                                                                                                                                  | Snack                                                                                                                                             | Snack                                                                     |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Monday</b>    | Leftover French toast<br>Canned peaches<br>Milk or fortified soy beverage                                                                     | Sandwich with leftover roast turkey<br>Homemade chunky apple-rhubarb sauce<br>Water                                                                                                                                                                                     | Slow-cooker beef & barley stew<br>Whole-grain rolls<br>Green salad<br>Milk or fortified soy beverage                                                                                                    | Orange slices<br>Cheese cubes<br>Water                                                                                                            | Make-you-own fruit-yogurt smoothie                                        |
| <b>Tuesday</b>   | Peanut butter on whole-grain toast<br>Orange<br>Milk or fortified soy beverage                                                                | Leftover stew in a thermos<br>Apple<br>Plain granola bar<br>Water                                                                                                                                                                                                       | Grilled salmon, asparagus and squash<br>Whole-wheat couscous cooked in orange juice<br>Homemade chunky apple-rhubarb sauce topped with vanilla yogurt<br>Milk or fortified soy beverage                 | Air-popped or low-fat popcorn<br>Chocolate milk or fortified soy beverage                                                                         | Carrot-raisin sal Water                                                   |
| <b>Wednesday</b> | Homemade muesli<br>100% unsweetened orange juice                                                                                              | Fruity tuna salad on rye crackers<br>Tomato, green pepper and cucumber salad<br>Low-fat yogurt<br>Water                                                                                                                                                                 | <a href="#">Minestrone Soup*</a><br>Garlic toast<br>Ice cream between two oatmeal cookies<br>Milk or fortified soy beverage                                                                             | Mixed dry whole-grain cereals<br>Banana<br>Water                                                                                                  | Crackers spread with almond or peanut butter<br>Raw carrots<br>Water      |
| <b>Thursday</b>  | Congee (thick rice/broth soup)<br>Apple<br>Milk or fortified soy beverage                                                                     | Egg-salad lettuce wraps (Use lettuce instead of tortillas as a wrap. Pack the lettuce and egg salad separately.)<br>Homemade apple-oat bran muffin<br>Canned apricots<br>Milk or fortified soy beverage                                                                 | Cook's night off<br>Rotisserie cooked chicken<br>Microwaved potato<br>Whole-grain rolls<br>Raw green beans and baby carrots<br>Ranch dip<br>Water                                                       | Make-your-own yogurt sundae<br>Mix and match fruit, nut and cereal toppings<br>Water                                                              | <a href="#">Lightened-up Guacamole and Chips</a><br><br>100% Orange juice |
| <b>Friday</b>    | Whole-grain cereal<br>Milk or fortified soy beverage<br>Walnut pieces<br>Fruit salad<br>Water                                                 | Chicken (leftover) vegetable fried rice<br>Orange slices sprinkled with cinnamon<br>Cookie<br>Milk or fortified soy beverage                                                                                                                                            | Make-your-own-omelet<br>Toasted whole-grain bagel<br>Homemade baked sweet potato fries (peel on)<br>Greek salad<br><a href="#">Rhubarb Apple Loaf*</a><br>Milk or fortified soy beverage                | Chocolate milk or fortified soy beverage and cinnamon crisps (whole-wheat tortillas dusted with cinnamon, cut into wedges and baked until crispy) | <a href="#">Khao Tom (Thai rice soup)*</a>                                |
| <b>Saturday</b>  | Scrambled egg on toasted whole-wheat English muffin<br>Canned mixed fruit<br>Milk or fortified soy beverage                                   | Panini (layered sandwich heated/toasted)<br>Filling ideas: Sliced hard-cooked eggs, grilled veggies, cooked meats, tomato slices, grated carrots or beets, raw spinach, avocado slices. Pinch of oregano, garlic powder and parsley. Cut-up oranges and apples<br>Water | Meatballs with whole-wheat fusilli<br>Spinach-and-mandarin orange salad<br>Turnip sticks<br>Whole-grain baguette<br>Milk or fortified soy beverage                                                      | <a href="#">Beet Hummus</a> with veggies<br>Water                                                                                                 | Low-fat yogurt<br>Water                                                   |
| <b>Sunday</b>    | Whole-grain banana-flavoured French toast (blend a ripe banana into egg mixture)<br>Canned mandarin oranges<br>Milk or fortified soy beverage | Vegetarian chili over half a baked potato<br>Raw green beans and rutabaga sticks<br>Ranch dip<br>Water                                                                                                                                                                  | Roast turkey<br>Vegetables for roasting (asparagus, rutabaga, carrots, potatoes, parsnips)<br>Whole-grain rolls<br><a href="#">Rhubarb and Apricot Bread Pudding*</a><br>Milk or fortified soy beverage | Strawberry (frozen) -apple salsa with cinnamon crisps<br>Water                                                                                    | Edamame (green soybeans)<br>Water                                         |

\* Find these recipes at [www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight)



\* The EatRight Ontario dietitian service is provided free of charge to residents of Ontario. Open 9am - 5pm ET Monday to Friday; evening hours Tuesday and Thursday to 8pm ET. Provided by the Ministry of Health Promotion, © Queen's Printer for Ontario, 2009



### 4.2.2: Mouth Care

You may find that providing dental care to a senior experiencing frailty is challenging. The Canadian Dental Association has created an online webpage about mouth care tips for caregivers.

#### When caring for a person's natural teeth:

- Let the person sit at the sink and stand behind them. This way, you can make the same motions cleaning their teeth as when you are caring for your own teeth.
- Use a soft toothbrush or an electric toothbrush. Ask the person you are caring for to tell you if you are brushing too hard.
- Have the person you are caring for rinse with warm water when done.
- To see more of these tips including tips about denture care and care of the mouth tissues, visit: [http://www.cda-adc.ca/en/oral\\_health/cfyt/dental\\_care\\_seniors/tips.asp](http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_seniors/tips.asp).

## References

### Nutrition

Canadian Dental Association. (2019). *Tips for caregivers*. Retrieved from: [http://www.cda-adc.ca/en/oral\\_health/cfyt/dental\\_care\\_seniors/tips.asp](http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_seniors/tips.asp).

Capezuti, E., Zwicker, D., Mezet, M., & Fulmer, T. (2008). *Evidence-based geriatric nursing protocols for best practice: Third edition*. New York, New York: Springer Publishing Company. Dietitians of Canada. (2019). UnlockFood.ca. Retrieved from: <http://www.unlockfood.ca/en/default.aspx>.

ElderCarelink. (2019). *An elder refuses to eat: what should a caregiver do?* Retrieved from: <http://www.eldercarelink.com/Other-Resources/Health/elders-refusal-to-eat.htm>.

Government of Canada. (2019). *Canada's food guide*. Retrieved from: <https://food-guide.canada.ca/en/healthy-food-choices/>.

Nestlé Nutrition Institute. (2012). *Self-MNA® mini nutritional assessment for adults 65 years of age and older*. Retrieved from: [https://www.mna-elderly.com/mna\\_forms.html](https://www.mna-elderly.com/mna_forms.html).

Ramage-Morin, P.L., Gilmour, H., & Rotermann, M. (2017). Nutritional risk, hospitalization and mortality among community dwelling Canadians aged 65 or older. *Health Rep.*, 28(9), 17-27.

## Notes



© 2019 Regional Geriatric Programs (RGPs) of Ontario.  
Permission granted to use without editing and with appropriate citation.

If reproducing or adapting the content in the handbook, RGPO must be credited  
as the author with the following citation:

Regional Geriatric Programs of Ontario. (2019). Caregiving Strategies Handbook: Providing Care and  
Support for a Senior Living with Frailty. Retrieved from [www.rgps.on.ca/caregiving-strategies](http://www.rgps.on.ca/caregiving-strategies)

---

For more information on the Senior Friendly Caregiver Education Project and the  
Regional Geriatric Programs of Ontario, please visit [www.rgps.on.ca/caregiving-strategies](http://www.rgps.on.ca/caregiving-strategies).