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Nutritional screening and intervention of older adults living in the community referred by the My Aged Care online portal

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Keywords:	Food Service, Meals on Wheels, Nutrition Assessment, Health Services for Aged, Health Care Quality
Abstract:	Objective: Assess whether nutritional screening and intervention improved nutritional status of older adults living in the community. Methods: Retrospective secondary data analysis (July 2016 to March 2018) of My Aged Care referral records to a Meals-on-Wheels service, which undertook routine nutritional screening and followed up consumers for up to 12 months. Self-reported reasons for compromised nutritional status, interventions recommended by Meals-on-Wheels, and consumer retention at follow up were analysed. Results: Forty-two individuals (25 women, 17 men, mean age = 79.8 $\pm$ 8.9 years) were referred. After re-assessment (n = 21), nutritional status had significantly improved (p=0.008 for all referrals and p<0.001 for those in risk of malnutrition or malnourished). Main interventions provided were: nutrition education (100%), home delivered meals (78%) and social outings including meals (17%). Conclusions: The My Aged Care portal may be a feasible source of referral of this population to perform routine nutrition screening for appropriate intervention.