

REHIS Training Overview

Overview:

The REHIS Eating Well for Older People course is a certificated, non-examined course that aims to provide participants with the knowledge and appreciation of the importance of good nutrition for older people and how to support them to eat well.

**Please note that this course is a general overview and does not cover nutritional interventions for medical conditions.*

Aim:

Provide participants with the knowledge and appreciation of the importance of nutrition and health for older people and how to support them to eat well.

Who is this training for?

Small Ideas, Big Impact grant holders and applicants, NHS, Local Authority, Carers, Volunteers, Voluntary Sector staff and other interested individuals who work to support older people.

Learning Outcomes:

- Show an awareness of the main principles of a balanced diet
- Understand the importance of good nutrition for health and wellbeing
- Gain an awareness of the nutritional and health needs of older people and understand influences and barriers which affect food and fluid intake
- Understand the causes, signs, symptoms and health risks of malnutrition and dehydration
- Gain the knowledge and confidence to be able to advise and support older people to eat well

Training Dates:

For upcoming dates or to book a space, please contact hello@eatwellagewell.org.uk or call 0131 447 8151. This is a **free** course provided by Eat Well Age Well as part of Food Train.

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