

NOVEMBER 2017

MALNUTRITION CONNECTION

Providing Malnutrition Awareness and Advocacy Information to Share

November is National Family Caregivers Month led by the Caregiver Action Network! This is a time to celebrate the contribution of those volunteer friends and family members who support a loved one with their health or managing a disability.

Celebrating Family Caregivers enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

Proper nutrition starts with the caregiver. Caregivers must take care of themselves before they can properly take care of others. Many family caregivers may be overwhelmed and not feel as though they have time to eat a healthy diet. But, the best way to ensure that caregivers are able to continue to care for their loved one is through remaining energetic and healthy. This starts with good nutrition.

Also, nutrition education for caregivers is vital. Many older adults rely on friends and family for nutrition information. Also, many caregivers are providing care for older adults with special dietary needs. It is critical for caregivers to talk to their care recipient's doctors and/or to an RDN about the best dietary plan for the older adult they're caring for. This is particularly true if that older adult has a chronic condition.

Learn More About National Family Caregivers Month Through These Resources:

- <http://caregiveraction.org/national-family-caregivers-month>
- <http://www.caregiving.org/caregiversmonth/>
- Caregiving Around the Clock: <http://caregiveraction.org/national-family-caregivers-month-theme>
- White House Proclamation on National Family Caregivers Month: <https://www.whitehouse.gov/the-press-office/2017/10/31/president-donald-j-trump-proclaims-november-2017-national-family>
- NCOA SNAP Resources: <https://www.benefitscheckup.org/feedingamerica/>
<https://www.ncoa.org/healthy-aging/chronic-disease/nutrition-chronic-conditions/why-malnutrition-matters/>

Sample Social Media Content:



- Join us in celebrating National Family Caregivers Month! Find out how you can participate here: <http://www.caregiving.org/caregiversmonth/>
- Learn about Caregiving Around the Clock and see how proper nutrition is vital for both older adults and caregivers! <http://caregiveraction.org/national-family-caregivers-month-theme>