



## Why is good nutrition important?

### Independence and wellness

Good nutrition is vital for older people. It helps to keep them well and in their own homes for longer.

Poor nutrition is closely linked to:

- Poor wound healing and slow recovery from illness
- Decreased strength and mobility
- Complications from dietary related diseases
- Decreased quality of life and higher care needs
- Increased hospitalisation, longer stays and preventable deaths

### CHSP provider's role

CHSP providers play a crucial role in supporting good nutrition for their clients by identifying and helping to prevent poor nutrition outcomes.

## How to contact the Nutrition Service

### State-wide contact

[community.nutrition@health.tas.gov.au](mailto:community.nutrition@health.tas.gov.au)

Your email will be followed up by the team member supporting your area.

### Website

Visit the Public Health Services website for more details, links to resources and other useful sites.

[www.health.tas.gov.au/healthyageing](http://www.health.tas.gov.au/healthyageing)

### Online training

<https://dhhs.sproutlabs.com.au/login/index.php>



Funded by the Australian Government Department of Health. Visit the Department of Health website ([www.health.gov.au](http://www.health.gov.au)) for more information.

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# CHSP Nutrition Service

Nutrition advice and support for Commonwealth Home Support Programme (CHSP) funded services assisting older Tasmanians



Department of Health



## About the Nutrition Service

### Who are we?

The CHSP Nutrition Service is a small team of qualified and experienced Dietitians. We offer free nutrition advice, support and resources specifically for Commonwealth funded CHSP providers across Tasmania.

### What can we assist CHSP providers with?

The Dietitians work with the staff and volunteers within individual CHSP services to guide good food and nutrition practices.

CHSP providers decide what they would like support with and assistance is tailored to the needs of each service.

Some examples are:

- Nutrition training for staff and volunteers
- Guidance with nutrition assessment and management processes
- Help to assess if foods provided meet nutrition recommendations
- Support to develop a food and nutrition policy or principles document to guide nutrition practice
- Nutrition information, resources and activity kits for CHSP service providers to use with clients.
- And more!



## Who can access the Nutrition Service?

### CHSP service providers

Support from the CHSP Nutrition Service is available for any organisation in Tasmania who receives some CHSP funding.

The focus of the service is about guiding the CHSP organisation and supporting its staff and volunteers in their roles.

Direct work with clients and/or the general public is not included in this support.

### Cost

This service is **free** for Commonwealth funded CHSP providers.

## What difference might this support make?

### Outcomes for CHSP providers

- Improved ability to deal with food and nutrition issues and manage risks
- Increased confidence in knowing how to best meet client nutrition requirements and adapt practices
- Ongoing access to up to date nutrition information and advice

### What have other CHSP providers said?

*“That is one team that I would choose to work with...we’ve built up the relationship and they are very approachable”*

*“We loved the training!”*

*“I need them for their expertise...”*

*“It’s been important that we have the backup and support of the HACC Nutrition Service, without that, we wouldn’t be where we are today...”*