



Online nutrition training

For staff and volunteers supporting older people

The Tasmanian Commonwealth Home Support Programme (CHSP) Nutrition Service is pleased to offer two FREE online training packages:

- *Nutrition for older people*
- *Malnutrition in older people.*

What is it?

- Interactive training programs with activities, practical tips and ideas.
- Features videos of Tasmanian CHSP services sharing how they are helping older people.

Aims

- Increase knowledge and skills.
- Increase confidence in understanding the nutrition needs of clients, and managing common nutrition issues such as malnutrition.

Who is it for?

- All staff and volunteers who work with older people living in the community.

How long does it take?

- About one hour to complete all at once, or they can be broken into shorter sections.

Where do I find it?

- Anyone can access the training on the [Health Learning Online site](https://dhhs.sproutlabs.com.au/login/index.php) (dhhs.sproutlabs.com.au/login/index.php)
- Create a login, then select the 'community and cultural care' folder.
- The training can be accessed on the [DoH website](https://www.health.tas.gov.au/healthyageing/online_training) as well. There is a link to the interactive version and an 'accessible' version which is suitable for people who use reading software. (www.health.tas.gov.au/healthyageing/online_training)

Important notes

- The training can be completed each year as part of your annual training schedule.
- Turn off "pop-up blocker".
- The training is compatible with PCs or laptops. Accessing via iPad, smart phone or tablet is not recommended.
- Internet Explorer and Google Chrome are preferred web browsers to access the training.