



## **Food and the person you care for**

### **Eat well – Age Well and the Food Train**

- Volunteers in Dumfries shopping for those who couldn't get out to do it themselves. Aim to keep older people in houses longer.
- Other offers – extra home support, befriending, meal makers and library service
- Meal makers – cook and share an extra portion with an older person/ neighbour. Service matches volunteer with older person.
- 3 questions
  - What do you like to eat?
  - Allergies
  - Tell us 3 things about yourself
- Social isolation, tackle malnutrition (1 in 10 people) intergenerational, digital divide.
- Over 19k meals shared, over 17.5k hours of befriending, 802 cooks and dinners matched.

### **Malnutrition/underweight**

- Recognised as an issue in Older People's framework (2019)
- 100k older people estimated – no Scottish routine data
- Year 3 of project
- Risk increases with age – long term conditions and cancers
- Causes – medical, physical and social
- Consequences – every part of body affected, impaired wellbeing and daily living
- £19.6b in service