

## Who can help?

**Your GP (doctor)** can offer a full medical and blood screen to rule out any underlying physical cause.

**Leeds Adult Social Care** provides an assessment of care needs, including signposting for social care support / care packages. Find out more by visiting a One Stop Centre within Leeds. Alternatively please call 0113 2224401 or [www.leeds.gov.uk](http://www.leeds.gov.uk).

**Local voluntary agencies** for a variety of social / carer support networks.

- Leeds Infostore an online information resource [www.olderpeopleleeds.info](http://www.olderpeopleleeds.info) Includes details on neighbourhood network schemes and lunch clubs. Neighbourhood network schemes also have a helpline number you can call 0113 391 8333.
- Leeds Age UK, 188a Woodhouse Lane, Leeds Tel 0113 458579 or [www.ageuk.org.uk](http://www.ageuk.org.uk)
- William Merritt Centre provides impartial advice on equipment and practical aspects of living such as aids and adaptations. The centre also employs an occupational therapist. Contact the centre on 0113 3055332 or visit [www.williammerrittleeds.org](http://www.williammerrittleeds.org)



### Leeds Public Health Resource Centre

stocks a wide range of resources. You can call the centre on 0113 29 53081 or drop in to the centre at Armley Park Court, Stanningley, Road, Leeds LS12 2AE.

### NHS Leeds Community Healthcare

is supporting a care pathway approach known as SAFER (Screen, Assess, Food Interventions, Evaluation, Refer to other services).

NHS Leeds Community Healthcare provides:

- community matrons / specialist community nurses;
- registered dietitians; and
- speech and language therapists.

Find out more by visiting [www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)

**Leeds Dental Advice Line** can help you find an NHS dentist in Leeds. Please contact the service on 0800 298 5787 or visit [www.leeds.nhs.uk/dentists](http://www.leeds.nhs.uk/dentists)

### Patient Advice & Liaison Services (PALS)

providing confidential non-medical advice about NHS services across the city. Contact PALS on Freephone 0800 052 5270.



## Spotting the signs of **malnutrition**

Are you or  
an older person  
you care about  
at risk of  
malnutrition?



**simple first steps...**

## What is malnutrition?

Malnutrition is when a person is not eating enough of the right foods. This means they don't get all the nutrients, such as proteins, vitamins and minerals, they need.

Being malnourished can make you ill as your body does not work as well as usual. Being ill can also lead to malnutrition as this often results in poor eating habits.

Malnutrition is not just something which happens as you age. It is important that you don't dismiss the signs as being a part of 'old age'. There is much that can be done to help prevent malnutrition. The key is to ensure that the underlying causes are assessed.

## Who is at high risk?

- those with reduced mobility which affects shopping / cooking;
- if you are housebound;
- if you are living alone;
- if you are showing symptoms of depression; and
- those with dementia.

Dental / mouth problems can cause malnutrition because they can make eating difficult and painful - you should visit a dentist for a regular check up.



## Spotting the signs and symptoms:

- losing weight unintentionally;
- eating/ drinking less than usual;
- experiencing any choking or swallowing problems;
- constipation or diarrhoea;
- unable to keep warm;
- loss of muscle;
- dizziness (prone to falls);
- difficulties recovering from illness;
- pressure ulcers, dry skin;
- recurrent infections;
- difficulties chewing or swallowing; and
- sore mouth, or tongue, bleeding or swollen gums.

## What to do if you are concerned?

You can help prevent malnutrition in yourself or others:

- recognising the early warning signs;
- supporting access to both social and health services;
- planning visits around mealtimes to get a sense of what you / they are eating and if you / they have any difficulties eating;
- sitting down and eating socially with friends or relatives;
- having a look in the fridge or cupboards. A lack of food, too much of the same foods or foods past their sell by date may signal a problem;
- encouraging extra snacks and drinks; and
- keeping active, as it stimulates an appetite and maintains muscle mass.

## How can you improve access to food?

- Sharing meals with others / going to relatives or informal carers.
- Attending local cafes / pub lunches / visiting voluntary, community or faith organisations with luncheon clubs.
- Using private shopping services and / or meal preparation services.
- Using online supermarket home delivery services (including frozen meals).

## Useful contacts

Leeds City Council, Meals at Home Service Yorkshire CM deliver frozen meals you can contact them on 0113 247 8577. Hot meals are also available from Leeds Adult Social Care, subject to an assessment, please call the service on 0113 222 4401.

### Other deliveries of frozen meals available from independent organisations:

Wiltshire Farm Foods  
0800 773773;

Oakhouse Food  
01756 796336;  
and

Eismann Foods  
0800 138 4627.

