



Your trusted team for quality home support

Flexible Reliable Caring Positive  
Professional Trusted Personal Honest  
Quality Trained Listening Support



## Nutrition

Many older people lose their appetite, and it is common for some to forget to eat, or not choose to eat. Eating - something that most of us take a pleasure in - loses its appeal and the dangerous consequence can be under-nourishment, so we love helping to prepare regular meals and hot drinks for our clients.

Caroline is a long-standing DoCare client, who lives alone and gets confused, so is at risk of forgetting to eat and drink regularly.

We visit Caroline three times a day. In the morning, we prepare Caroline a healthy breakfast and a drink, and we stay and chat with her while she eats, encouraging and supporting her to ensure she enjoys this important meal of the day, then we leave her a drink for the morning.

We return at lunchtime and have fun together choosing what she'd like to eat – sausage and mash is a firm favourite! Caroline has her meals provided by Wiltshire Farm Foods so she gets great variety and choice. Once Caroline has decided what she would like to eat we assist her to heat her meal, make her a cup of tea, and most importantly we stay to chat to her while she eats, ensuring mealtimes are a social experience. Once we have cleared away after her meal we settle Caroline for the afternoon, but return at teatime to make her another drink and a sandwich.

As well as helping with meals we also help Caroline with medication, prompting her to take it in the correct dose at the correct time. Medication support and management is vital to Caroline's wellbeing and key to enabling her to remain independent and live at home. Once a week we chat with Caroline about what groceries she would like so we can shop for her. Everything we do is in discussion with Caroline – she takes the lead and we support her.

Caroline said: "I like my lunches best with DoCare. The staff are good company and we chat about all sorts of things while I eat. If it wasn't for them, I'd probably not bother eating so their support means so much."

### DoCare Ltd

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