

Caring for the nutritional needs of a friend, relative or loved one?

Information for carers



The information in this booklet has been developed by Registered Dietitians at Rotherham Doncaster and South Humber NHS Foundation Trust.

Contact details for more information:

Telephone: 01302 796410

Email: rdash.dietetics@nhs.net



Tips for Eating Well

Encourage 3 balanced meals per day. Balanced meals should include a portion of starchy carbohydrates, proteins, fats and fruits or vegetables.

Starchy carbohydrates, foods include:

- Potatoes
- Bread
- Rice
- Pasta
- Cereals.

Choose wholegrain varieties (or eat potatoes with their skins on) when you can: they contain more fibre, and can help you feel fuller for longer.

Protein foods:

- Eggs
- Meat
- Chicken
- Fish
- Meat Alternatives (tofu, quorn, etc.)
- Pulses (lentils, beans, peas, etc.)

Fats

- Vegetable (rapeseed) oil/spreads
- Olive oil/spreads
- Sunflower oil/spreads
- Oily fish (please see next page)
- Nuts (almonds, brazil nuts, peanuts), only if no allergy.
- Avocados

Fruits and Vegetables

Choose from:

- Fresh
- Frozen
- Tinned
- Dried
- Juiced (150ml per day).

Aim to eat at least 5 varied portions each day.

Please also consider including the following:

Encourage at least 3 portions of **dairy foods** a day. Examples include:

- Milk
- Cheese
- Yoghurt
- Dairy Alternatives (such as soya).

Encourage at least one portion of **oily fish** per week. Examples include:

- Salmon
- Mackerel
- Trout
- Herring
- Sardines
- Pilchards

Snacks

Snacks can be included as part of a healthy balanced diet, examples include:

- Slice malt loaf slice
- Fromage frais
- Fresh or tinned fruit salad
- Chopped vegetables and hummus
- Plain rice cakes or crackers with cheese spread
- Sugar-free jelly.

Portion Sizes

Portion sizes are important and should be considered as part of a healthy, balanced diet. However, portion sizes differ for each of the different food groups. Please access the **BDA Food Fact Sheet - Portion Sizes** online or contact us for more details

High fat, salt and sugar foods

Eat foods high in fat, salt and sugar less often and in small amounts. These foods can include chocolate, cakes, biscuits, sugary soft drinks and ice cream and are not needed in the diet. Unless there are concerns with maintaining or increasing weight, whereby these foods can actually be beneficial to your diet. For more information, please contact us for our 'Food First' booklet.

Tips for Staying Hydrated

Encourage at least 6 to 8 cups or glasses of fluid per day. Examples include:

- Water
- Tea
- Coffee
- Juice
- Milk

All fluid except alcohol counts!

Encourage a regular weight check

Eating a healthy, balanced diet plays an essential role in maintaining a healthy weight, which is an important part of overall good health. It is therefore important to be aware of the weight of the person you are caring for.

Being overweight or obese can lead to health conditions such as type 2 diabetes, certain cancers, heart disease and stroke. Being underweight can also negatively affect health.

Please speak with the nurse or access the **Healthy Weight Calculator** at www.nhs.uk for more details.

Tips to Improve Oral Intake

Caring for someone's nutritional needs can require a lot of time, organisation and patience to maintain a positive meal time/eating experience.

Is the person you are caring for experiencing reduced oral intake and/or low appetite? If so, have you considered the following:

- Always offer food and drink they enjoy the most. Don't worry too much about a balanced diet if this is the problem, any food can help to stimulate appetite to begin with
- Is the person you are caring for not eating very much but drinking well? Provide high calorie nourishing drinks such as whole milk milkshakes and full sugar juices
- Are meals and large portion sizes an issue? Try not to overface them and provide smaller portions, or high calorie snack type foods little and often. For example, biscuits, yoghurts, pork pie, scone, mousse, cake slice and crackers and cheese. For further information and support, please refer to our **'Food First'** booklet for advice on food fortification, high calorie snacks and homemade high calorie drinks.
- Are there any signs of coughing or choking when eating and/or drinking? Speak to their GP who will consider a referral to a Speech and Language Therapist who can assess their swallowing.
- Are they struggling to self-feed? Adapted cutlery may help. Look online at:

www.nrshealthcare.co.uk

www.amazon.co.uk

- Is there a change in mood? This could be impacting on appetite. Consider speaking to their GP about their medication or a referral to mental health services
- Are they having chewing problems or do they have a dry/sore mouth or loose teeth/dentures? Consider a dentist review for oral hygiene

Does the person you are caring for have diabetes? If so, please speak with their GP or diabetes nurse before making any changes to their diet.

Mental Capacity

Any decisions about the care and treatment, made on behalf of a patient who lacks capacity to make the decision themselves, are to be made inline with the Principles of the Mental Capacity Act 2005 (MCA). You can contact the RDaSH MCA Lead on 01302 796733 for further advice.

Self Care - Caring For You

Caring for someone requires the carer to be in good health, therefore looking after them is crucial. Here are some tips to keep you healthy:

- Remember to keep hydrated; aim for a minimum of 6 to 8 cups or glasses of fluid a day, everything except alcohol counts!
- Eat and make time for regular balanced meals and snacks for boosters throughout the day
- Try to limit processed, high sugar and high fat food/drinks and caffeine
- Aim to have seven to nine hours sleep per night, make rest a priority
- Are you struggling with caring?

Speak to someone...

- Our Friends and Relatives Carer Champions at RDaSH are always ready to answer any questions or concerns you may have. They are clearly identifiable by their yellow lanyards and pictures of them are on the 'Friends and Relatives' board located on the wards at Tickhill Road Site. Any of the staff in every area will be able to introduce you to a Carer Champion.
 - Doncaster Carers Reach Out Service can support you in your caring role, help you to stay connected in your community and give you balance in your life.
Telephone: 01302 986900
Email: DoncasterCarers@makingspace.co.uk
Website: www.makingspace.co.uk/services/centres/doncaster-carers-reach-out
 - Doncaster Partnership for Carers offers support to adult and parent carers of disabled children
Telephone: 01302 637566
Email: dpfc@doncastercarers.org.uk
Website: www.doncastercarers.org.uk
 - Doncaster Young Carers Service can support young carers.
Telephone: 01302 736099
Email: Young.Carers@doncaster.gov.uk
Website: www.dscb@dcstrust.co.uk, click on 'Enquire about Early Help'
 - Carers Trust support carers of all ages, supporting people with any condition.
Telephone: 0300 772 9600
Email: info@carers.org
Website: www.carers.org/contact-us
- Your Local Carers Trust:
- Telephone: 01709 360272
Email: rotherham@crossroads.org.uk
Website: www.crossroadsrotherham.co.uk

- Carers UK provide advice, information and support
Telephone: 0161 234 2935
Email: advice@carersuk.org
Website: www.carersuk.org
- Your Life Doncaster provides information on staying healthy, staying independent, local groups and activities and much more.
Website: www.yourlifedoncaster.co.uk

How to Raise Concerns

- If you feel that there are concerns with any care provided from Rotherham, Doncaster and South Humber NHS Trust, you can contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 015 4334.
- Your feedback is always welcome and we would encourage friends, relatives and carers to complete a 'Your Opinion Counts' form, available from Tickhill Road Hospital reception or call 01302 796000 for this to be sent out via post.
- You can also report concerns via the Care Quality Commission (CQC) who is the Independent Regulator of health and social care in England.

Telephone: 03000 616161

Website: www.cqc.org.uk

Address: CQC National Customer Service Centre

Citygate, Gallowgate

Newcastle upon Tyne NE1 4PA

What to do if you need help

Health Care

1. Contact the local GP within working hours
2. Contact the GP Out-of-Hours Service (OOH) outside of working hours. They provide health care for urgent (non emergencies) medical problems outside normal surgery hours. Telephone: 0300 1239990 or contact NHS 111
3. Single Point of Access (SPA) provides nursing intervention for patients who are not able to attend their GP surgery and for consultations that can only be completed in the patient's home.

Open 24/7, 365 days a year

Telephone: 01302 566999 Email: RDash.1Point@nhs.net

4. If it's an emergency please ring 999 or attend the nearest Accident and Emergency Department.

Social Care

The Adult Contact Team (ACT) is made up of first line officers who assist and advise you if you need help with support and care arrangements.

Opening Hours: Monday-Friday 8.30am to 5.00pm

Telephone: 01302 737391

Out of Hours Telephone: 01302 796000

Email: adultcontactteam@doncaster.gov.uk

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

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Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজন্স সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)，电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، یا خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

ئەگەر تۆم ئێستا بە زۆرێکێ بە چاکی گەورە، بریل یان لەسەر شریتی دەنگی دەخوازیت یاخود نەم بەلگەنامە بە دیوە زماڤێکی دیوە دەخوازیت، تکایە بەیوهندی بکە بە خزمەتگوزاری زینماپی و هاوناھەنگی نەخۆشەو بە ژمارە 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਥਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیشینہ ایڈوائس لیاؤن سروس سے

0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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