



MALNUTRITION IN OLDER ADULTS

It's more than just not eating enough!

Dietitian support can improve nutritional status, boost appetite, aid recovery, and increase strength and energy. It also helps manage chronic conditions, reduces hospitalisation risk, and supports independence and quality of life.

EARLY SUPPORT MATTERS TO AVOID

- Muscle loss and weakness
- Higher risk of falls and injuries
- Reduced mobility and independence
- More frequent infections
- Slow wound healing
- Low energy and fatigue
- Poor recovery from illness
- Memory and thinking problems
- Increased hospital visits

SIGNS TO WATCH FOR

- Unplanned weight loss
- Eating or drinking less
- Trouble swallowing
- Digestive issues (nausea, diarrhoea, constipation)
- Slow healing or pressure sores
- Weakness or tiredness
- Recent illness or hospital stay
- Confusion or difficulty eating

HOW DIETITIANS HELP

- Better nutrition and appetite
- Improved strength and energy
- Faster healing and recovery
- Fewer hospital visits
- Support for managing health conditions
- Greater independence and wellbeing

Refer Now
In-person or Telehealth
*Later telehealth appointments
available for East Coast*



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