

Caregivers' Cove

1 in 3 adults aged 55 years and above are at risk of undernutrition. 7 out of 10 seniors who are malnourished do not show signs of pre-frailty¹.

Malnutrition²

- Does not happen suddenly but sneaks up on a person.
- Affects a person's ability to manage daily tasks.
- Could be costly, taking it longer for a person to get back on his/her feet.

Please investigate

- Unexplained weight loss.
- If a loved one is eating lesser than usual.
- Complaints of fatigue or needing frequent rests.
- Repeated falls.
- A wound taking longer to heal.

Is Your Loved One

- Lonesome and unmotivated to eat or prepare food?
- Having physical challenges in reaching food?
- Developing dental or swallowing problems?
- Worried about his/her expenses?

Caregivers Can

- Provide snacks and organize family meal times.
- Introduce budget friendly and healthy food ideas.
- Arrange food delivery.
- Accompany a loved one to see a doctor.



Image source: Unsplash

Share with us your experience!

看护者港湾

三分之一的55岁以上长者有营养不良的风险。其中七十巴仙没有前期衰弱的症状¹。

营养不良²

- 不是突如其来，而是逐渐产生的。
- 影响个人日常操作的能力。
- 可能让一个人难复原，引来昂贵的代价。

请追查

- 体重莫名减轻。
- 家人食量减少。
- 投诉疲累或需要常休息。
- 一直跌倒。
- 持久不愈的伤口。

您家人是否

- 孤单和无心用餐或做饭？
- 行动不便拿不到食物？
- 产生牙科或吞咽的问题？
- 担心他/她的开销？

看护者能

- 提供点心和安排家庭进餐时间。
- 介绍经济和健康的食材。
- 安排食物递送服务。
- 陪家人去看医生。



图像源：Unsplash

请和我们分享您的经验！



Building Stronger Communities, Together

1. "Frailty and Malnutrition: Related and Distinct Syndrome Prevalence and Association among Community-Dwelling Older Adults: Singapore Longitudinal Ageing Studies", <https://pubmed.ncbi.nlm.nih.gov/28804010/>, 16 Jan 2021.

2. "Diagnosing the nutritional status of patients aged 65 and above", <https://www.healthxchange.sg/seniors/ageing-concerns/malnourishment-elderly-diagnosis-tips-cope>, 16 Jan 2021