

SHOW NOTES FOR - NUTRITION FOR ELDERS AND CAREGIVERS  
With KIM COVER, MS, LPC, RD, CSSD, CEDRD-S, LDN

- 1:33 How much nutrition is needed in elderly
- 2:24 Repair, rebuild and recover our body every day
- 2:43 Nutrient density - each food you eat has a higher
- 3:15 Boosting food for better nutrients
- 3:50 2 Examples for 65 year old female and male 78 year old
- 4:50 Eating every 2/3 hours for caree and caregiver
- 5:10 What makes a “good” meal
- 5:10 Body bullies and buddies
- 5:43 Don’t want to be too clean
- 5:55 The “buddies” high level nutrition
- 6:44 Dysphagia - MONITOR WHILE THEY ARE EATING
- 7:20 International Dysphagia Diet Standardization Initiative IDDSI food & drink thicknesses
- 9:07 [www.iddsi.org](http://www.iddsi.org) for explanation of framework
- 9:18 Call PCP for speech therapy consult
- 11:20 Food Ideas
- 14:19 Losing 3% of muscles starting at age 60 per year  
50-60 lose 1 1/2% of muscle per year
- 17:38 Dehydration
- 19:05 How much water do you need?
- 19:56 If someone has dysphagia they should not be eating by themselves
- 20:26 Equation for how much fluid person would need
- 22:17 Quality of life versus what “should be” eaten
- 24:12 Deciding if your expectation is reasonable
- 24:27 10-25% of your intake can be from things like ice cream and Oreos
- 24:47 Smoothies
- 26:34 Protein equation
- 29:23 Knowing what has protein, Dairy products, milk fish protein
- 29:33 Carbs have protein too
- 31:20 How many calories do we need just to exist (Resting Energy Expediture)
- 34:23 Malnutrition - 30-50% Percentage of people when admitted who are malnourished
- 35:00 Malnutrition Universal Screening Tool
- 36:46 Grip Strength is another indicator of malnutrition
- 37:19 Sarcopenia - muscle loss at rapid rate
- 37:29 Importance of eating every 2-3 hours
- 37:42 Try to give them the most amount of energy you can if they only eat once in a while or refuse to eat
- 40:16 For Caregivers: BeNew-Balance-Nutrition-Exercise & Well being
- 41:31 Quick plan

- 44:42 Don't underestimate what counts as Fitness
- 46:27 Gratitude/compassion journal
- 46:39 Meditation NUTRITION FOR ELDERS AND CAREGIVERS Repair rebuild and recover

iddsi.org International Dysphagia Diet Standardisation Initiative  
HOVER OVER IMPLEMENTATION  
CLICK ON HOW TO IMPLEMENT IDDSI  
SCROLL DOWN TO ALL OF THE OPTIONS - AUDIT SHEETS, LABELS, ETC.  
\*\*\*EACH SECTION HAS FULL COLOR SHEET INFO

Bullies to system - trans fat - High Fructose Corn Syrup - alcohol  
FUNCTIONAL FITNESS - Google Functional Fitness exercises  
Dietary Guidelines for Americans <https://www.dietaryguidelines.gov/>  
American College of Sports Medicine <https://www.acsm.org/>  
Surgeon General Guidelines for fitness <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-1/>

BeNew - Kim Cover <https://wayne-counseling.com/kimberly-l-cover-m-s/>

**Kimberly Wright Cover**, MS, LPC, RD, CSSD, CEDRD-S, LDN, is a quadruple board certified integrative nutrition therapist. She specializes in aspiring athletes that seek to obtain optimal health and sports performance through balanced nutrition, exercise and well-being. She is a prolific writer, book author, and has published in peer reviewed journals. She developed and managed several outpatient programs and has authored multiple standards of care for sports nutrition, wellness performance teams, and athletes with eating and exercise issues. She has counseled student-athletes for over 26 years. Her experience includes working with Elite and Olympic level athletes in a variety of sports including her tenure at the Children's Hospital of Philadelphia Sports Medicine and Performance Center, the United States Olympic Committee and the University of Pennsylvania's Athletic Department. She utilizes nutrition therapy and counseling techniques that foster a physiological understanding of the human body, intrinsic

motivation, and supportive self-care. She conducts extensive training for multiple international clinicians including physicians, dietitians, and fitness and mental health professionals. She conducts research and group presentations on mindfulness, sports nutrition, counseling, and eating disorders. She graduated with distinction as an elite student-athlete from the University of Wisconsin-Madison in dietetics on a gymnastics scholarship and with honors from the West Chester University with her Master's Degree in Educational Psychology and the Science of Counseling. Her distinguished service as an Officer in the United States Navy included the development and implementation of a Health Promotion Program, which was utilized by the entire U.S. Fleet. For inspiring collaborative teamwork and meritorious service as a Naval Officer, she was the recipient of several prestigious awards and decorations. She is a member of the Academy of Nutrition & Dietetics, an approved supervisor for the International Association of Eating Disorder Professionals and has been recognized by the International Association of HealthCare Professionals as a Worldwide Leader in Healthcare.