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 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 malnurished
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
Don’t underestimate what counts as Fitness
Gratitude/compassion journal
Meditation

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/

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.