

Nourishing Care: The Role of Nutrition in Caregiving

Providing good nutrition as caregivers can be a significant challenge. Balancing your own dietary needs with those of the person you are caring for can become increasingly difficult as we age. Join us for an insightful session with Heather Keller, Professor and Research Chair at the Schlegel Research Institute for Aging and the Department of Kinesiology and Health Sciences at the University of Waterloo. In this discussion, we will explore:

- The importance of nutrition and aging in both home and congregate care settings
- How mealtimes can serve as relationship-building experiences rather than mere tasks
- Common eating challenges and effective strategies to support those in your care
- The impact of your care recipient's food changes on your nutrition

Our speaker:

Heather Keller, RD, PhD, is a Professor in the Department of Kinesiology and Health Sciences at the University of Waterloo and holds the Schlegel-UW Research Chair in Nutrition & Aging. Her research focuses on enhancing food and fluid intake as well as the overall mealtime experience for older adults. Professor Keller's work covers the entire healthcare continuum, from screening for nutritional risk in the community to supporting older adults living with dementia and their caregivers. She emphasizes improving nutrition and using shared meals to foster continuity and connection.



Date:

Thursday, February 27th, 2024

Time: 12 p.m. to 1 p.m. ET

Place: Zoom

(link provided via email to those who register)

Cost: Free

- Please note that this presentation is only available in English.
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