

## 食得有「營」 - 「外購營養師服務」先導計劃

根據本會 2018-19 年年報服務資料顯示，40 歲以上的服務使用者接近 60%，年長服務使用者的食物營養一直是本會關注的議題。因此，本會「關注智障人士老年化工作小組」於 2019 年年初推行了一項「外購營養師服務」先導計劃。

此先導計劃的服務內容包括三方面：第一、按服務單位的需要提供適切的指導和諮詢服務，如個案體重管理和營養問題、檢視及優化餐單；第二、為服務單位設計餐單，按食材及季節提供豐富又多元化的膳餐配搭作參考，營養師亦為有特殊需要的服務使用者設計合適的餐單，包括：糖尿餐、低鈉餐、痛風餐及低脂餐等；第三、為本會各級職員、照顧者及服務使用者舉辦以膳食營養為主題的講座，以提升他們的相關知識。



購買營養師服務不但能有效增強職員對編制餐單及對食物營養的知識，在個案諮詢服務上，成效更為顯著。以下真實個案分享，更能具體說明此先導計劃的成效：靄華之家的服務使用者「阿珠」，年屆 79，因體重過輕而轉介此先導計劃的營養師跟進；經評估後，發現阿珠屬中度營養不良，故建議她在進食原有飯餐以外，增加飲用營養奶。經營養師介入八個月後，阿珠的體重由最初的 30.6kg 上升至 37.2kg，而她的 BMI 指數亦可達至 19.87 (正常：18.5 - 22.9) 的正常標準，使照顧他的職員大為鼓舞，亦為阿珠的體重過輕問題鬆一口氣。

## Eat Well, Eat Smart - “Outsource Dietitians Service” Pilot Scheme

According to the figures released in the Society's 2018 – 2019 Annual Report, there are nearly 60% of service users have reached the age of 40 or above. Thus, we concern the meal nutrition of the aged service users very much. In light of the increasing ageing population of our service users, the Society set up a “Working Group on Ageing of Persons with Intellectual Disabilities” and the Working Group has launched a pilot scheme named “Eat Well, Eat Smart - Outsource Dietitians Service” in early 2019 so as to enhance the meal nutrition and diet quality of service users.

This pilot scheme covers three aspects, namely: i) providing appropriate guidance on subjects relating to weight management and nutritional issues as well as enhancement of menu; ii) enriching choice of menu for service users by adopting seasonal ingredients, providing tailor-made diets for service users with special needs, such as diabetes, low-sodium, gouty, low-fat...etc; iii) talks on nutrition will be delivered to better equip the staff, caregivers and service users with relevant knowledge.

The Outsource Dietitians Service not only has enhanced the knowledge of menu design and diet nutrition of the staff, but also achieve solid and high impact on consultation services. The following case sharing is the perfect example to illustrate what the scheme has achieved so far. Ah Chu from Oi Wah Home is now 79 years old and underweight.

With this pilot scheme in place, she was referred to dietitian for professional advice. After the assessment, she was found to suffer from moderate malnutrition. Ah Chu was advised to increase the input of nutritious milk in addition to her ordinary meal. Eight months after the consultation, Ah Chu's weight increased from 30.6 kg to 37.2 kg, while her BMI reached 19.87 (Normal range: 18.5 - 22.9). The caregivers were highly encouraged by the significant improvement of Ah Chu's health index.

