

Nutrition

Oral Care

Ambulation

Hydration™

The body needs good fuel to function. As you age it is even more important. Muscle mass starts to diminish. Majority of elderly seeing cooking as a chore so nutrition decline is usually over a period of time. Taste buds start to die and food doesn't taste as good. Large portions of food can be overwhelming. If someone is having a bouillon cube and some crackers there is no nutritional value to that unless you have a sodium deficiency. Fresh fruits and veggies cut-up are excellent. Yogurt, chicken and eggs are great sources of protein. Pasta, which is easy to eat can be eaten for a few meals. Food must have enhanced seasonings.

A clean mouth facilitates pleasant eating. A dirty mouth will affect the taste of food. The mouth is in essence an opening to the lungs. Bacteria in the mouth can migrate to the lungs which can lead to various infections. Poor oral hygiene has been linked to heart disease.

Our bodies were designed to move. As you age movement becomes decreased. Everyone should be encouraged to move to the best of their ability. Even if that means a bed bound person sits-up a few times a day. The less you move the harder it gets and people become resistant to moving. It is a vicious cycle.

All of our bodies cells need fluid. Muscle is composed of a great deal of water. As we age our need for thirst is diminished. Many medications cause dehydration. Sips of cool water need to be provided throughout the day unless a health issue such as kidney failure prevents that. Elderly will not tell you they are thirsty if asked. That is why it needs to be handed and encouraged multiple times a day.

San Luis Obispo County

7400 A Morro Rd.
Atascadero, Ca. 93422
Ph: 805-464-0108
Fax: 805-464-0157

Tulare/Kings Counties

318 S. M St.
Tulare, Ca. 93274
Ph: 559-686-6611
Fax: 559-686-6622

Fresno/Madera Counties

4848 N. First St. #104
Fresno, Ca. 93726
Ph: 559-227-1701
Fax: 559-227-1771

Amdal
IN•HOME CARE