

Community Aged Care Vision, Mission and Guiding Principles

Vision Statement:

To support a thriving community where older adults are empowered to live independently in their homes for longer, supported by optimal nutrition and high quality care that enhances their quality of life and autonomy.

Mission Statement:

- To improve the nutritional status of older adults and support a sense of health and wellbeing while experiencing the aging process.
- To provide flexible and timely support that ensure clients receive nutrition care early to prevent further decline.
- To acknowledge that access to safe and adequate, nutritious food is a basic human right.
- Support clients to remain independent in their homes for longer by providing personalised nutrition care plans and lifestyle interventions that promote independence and well-being. Focusing on building strengths and capacity for the client.
- Educate clients and their families about the importance of good nutrition in improving health outcomes and the physical consequences to health and wellbeing, including muscle atrophy, digestive problems, increased falls and pressure injury risk.
- Advocate for increased support services such as meal delivery, supplements, and allied health interventions to enhance the nutritional well-being and overall quality of life for older adults in the community.
- To deliver high quality support to reable clients post-injury, illness or hospital admission through a short term or ongoing basis, tailored nutrition program that restores functional abilities, promotes wellness, and improves independence in completing daily living activities.
- Empower clients to make informed choices about their diet and nutrition, equipping them with the knowledge and skills to prepare and enjoy nourishing meals that support their health goals.
- Collaborate with other health and community services, families, and care providers to develop holistic care plans that address the unique needs and goals of each individual client.
- Promote best practices in nutrition and care delivery through evidence-based interventions that optimise physical, social, spiritual, and psychological well-being for older adults.
- Foster a culture of creativity, compassion, openness, and honesty in our approach to supporting clients, offering flexible and sustainable solutions that adapt to their changing needs and preferences.

Our Guiding Principles

- Person Centred, Inclusive, Compassionate Care
- Obtaining consent and offering choice
- Non- Diet Approach
- Health At Every Size aligned support
- Food First and Supplement where necessary approach
- No BS Nutrition Advice
- Medical Nutrition Therapy
- Sustainable Changes
- Aged Care Quality Standards
- Best Practice Food and Nutrition Manual for Aged Care
- Commonwealth Home Support Program Manual