



Taking action to counter undernutrition in seniors

Here are 3 possible actions you can take if a senior has warning signs suggesting a risk of undernutrition.

POSSIBLE ACTIONS

INITIATE A DISCUSSION WITH THE PERSON ABOUT THEIR NEEDS AND HOW THEY FEEL THEY CAN BE MET

Take an open approach by asking questions such as:

- What would help you?
- Do you know someone you trust who can help you (e.g., a family member, a friend, a neighbour)?
- Do you receive food assistance (e.g., meal delivery, grocery basket...)?
- Do you know any organizations that could help you?

ASK A THIRD PARTY TO HELP YOU RESPOND TO THE SENIOR

If you are uncomfortable or feel overwhelmed by a situation you have seen, discuss it with a third party who can help you or who can help the senior directly. This may be someone in authority or with expertise in the need identified.

WARNINGS

Most seniors are able to make decisions and do things for themselves unless otherwise advised by a doctor.

Despite our best intentions, providing too much care can be detrimental to their autonomy and dignity.

If a senior asks for your help, be comfortable working with them rather than for them.

If you are in contact with this senior as a volunteer or employee of an organization, report the situation to your coordinator or superior.

They will be able to provide you with support and connect you to external resources, if needed.

POSSIBLE ACTIONS

OFFER TO HELP THEM FIND COMMUNITY SERVICES

You can refer (or accompany) the senior to food services available in their area.

Food services that may be available

- Prepared meals delivered or not delivered (e.g., Meals on Wheels, caterers, grocery stores, restaurants)
- Community meals (e.g., group meals offered by community organizations)
- Free or low cost food assistance (e.g., community food centers, food banks or counters, social supermarkets, soup kitchens, community gardens)
- Shopping assistance (e.g., making grocery lists, transportation, delivery service)
- Meal preparation assistance (e.g., kitchen workshops, community kitchens, visiting homemaker)
- Assistance with eating (e.g., opening jars, cutting food)

To find community organizations that offer the services you are looking for in your area:

- For Greater Montreal (including the North Shore and South Shore) and the Outaouais region, visit <https://www.211qc.ca/> or call 211
- For the Capitale-Nationale and Chaudière-Appalaches regions, visit <https://www.211quebecregions.ca/> or call 211
- For the Sherbrooke region, visit Centre d'action bénévole de Sherbrooke's directory at <https://www.cabsherbrooke.org/> or call 819-823-6598
- Throughout Quebec, you can search the Internet for a directory of community organizations in your geographic area, or search directly for the service using keywords, including the name of your city or municipality.

3

IN CASE OF EMERGENCY, IF THE PERSON'S LIFE IS IN DANGER: call 911.



Do not leave anyone in a state of distress.

If the person is suicidal, being abused (e.g., physically, psychologically or financially), or if their living environment is unhealthy or unsafe: Call Service Info-Social or your superior immediately

Info-Social : 811.

This is a free and confidential service. Call 811 #2.

A professional offers advice for difficult bereavement, anxiety, worries, dark thoughts or any other situation affecting daily life.

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