



Nutrition and Fluids

People who access care and support must have adequate nutrition and hydration to sustain life and good health and reduce the risks of malnutrition and dehydration. It is important because it helps the body fight off diseases and absorb nutrients and medication, as well as preventing dehydration.

Course Aim:

This course will help participants to ensure they meet the nutrition and fluid needs of individuals they care for.

At the end of the session participants will be able to:

- Understand the principles of hydration, nutrition, and food safety
- Support individuals to have access to fluids in accordance with their care plan
- Support individuals to have access to food and nutrition in accordance with their care plan.

