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For Immediate Release

AIC Joins Forces with the ILTC Sector to Improve Nutrition Quality and Food Service for the Elderly

Good nutrition and quality food service can better the health outcomes of the elderly. Recognising their importance, the Agency for Integrated Care (AIC) has since April last year joined forces with the Intermediate and Long-Term Care (ILTC) sector to start an ILTC Nutrition Movement, the first for the sector.

2. At the inaugural ILTC Nutrition Month Celebration today to mark the year-long efforts, 20 representatives from the ILTC service providers unveiled an apron of pledges they had signed to mark their commitment to the Nutrition Movement for the coming years. They together with the Guest-of-Honour Dr Amy Khor, Minister of State for Health, also witnessed a cooking demonstration by nursing home cooks.

3. The nursing home cooks, a total of 24 for a start, had attended a Culinary Skills Training, also a first for the sector, conducted by President of the Singapore Chefs Association and local celebrity Chef Eric Teo in October last year. Organised by the AIC Learning Institute (LI), the two-day training helped the nursing home cooks to gain a deeper understanding of nutrition value as well as to learn and improve their skills in food preparation and service. The cookout today was an opportunity for them to showcase their cooking and presentation techniques.

4. Ms Sambugavally d/o Robert, a resident-cook from Sree Narayana Mission Home for the Aged Sick said, “This is the first time I learnt to prepare such dishes. The training helped to increase the variety of my menu and incorporate many different flavours to it. I felt very happy when the residents commented that the dishes we cooked were tasty. I am sure the other nursing home cooks who attended the Culinary Skills Training also benefitted greatly.”

5. Chef Eric Teo, said, “It was a joy to motivate the other chefs and build a positive attitude among the team. With the right attitude and some professional coaching, anyone can create interesting dishes with simple ingredients. Who says food in the nursing home should be tasteless and monotonous?”

6. As testament to how food served in nursing homes can be colourful, tantalising and appetising, AIC collaborated with students from Singapore Polytechnic and three Chefs - Chef Eric Teo, Chef Sam Leong and Chef Devagi Sanmugam - to produce an ILTC cookbook, “Cooking for Health”. The cookbook contains a selection of recipes contributed by the Chefs, as well as recipes for normal and pureed diets for nursing home residents, developed by the students. There are plans to post videos of simple cooking demos of the soft diet recipes on the Singapore Silver Pages website (<http://www.aic.sg/silverpages/>) so that more people including caregivers can benefit.

7. Miss Toh Hui Kheng, Course Manager, Diploma in Nutrition, Health and Wellness, School of Chemical and Life Sciences, Singapore Polytechnic said,

"Singapore Polytechnic is delighted to partner AIC to support the growth and development of the ILTC sector. Our Nutrition, Health & Wellness students have benefitted from the internship opportunities and project collaborations. They now have a better understanding of the nutritional needs of dysphagia patients by applying what they have learnt from the development of the recipe book and video. Indeed, I am very happy that the next group of SP students will be undergoing another round of internship with AIC and I am sure, it will be a rewarding and fruitful experience again."

8. The ILTC Nutrition Month Celebration 2012 was held at the School of Hospitality in Republic Polytechnic who also sponsored the use of its training kitchen facilities during the Culinary Skills Training.

9. Besides the Culinary Skills Training, other training conducted under the ILTC Nutrition Movement included the Health Manpower Development Programme – ILTC Visiting Expert Training and Consultation held earlier this month. To date, close to 400 healthcare professionals from 39 organisations have benefitted from these training programmes.

10. Hand in hand with training and awareness promotion, the ILTC Nutrition Movement also covers the conduct of quality improvement initiatives and research. Nursing homes, for example, can initiate nutrition screening with AIC, through training and regular audits for staff as well as creating nutrition processes in their homes. Through these efforts, both AIC and the service providers hope to

identify residents who are potentially at risk of under nutrition for necessary interventions. AIC has started on a pilot study, which is currently being done with three nursing homes.

11. On the level of private and public collaboration seen for the ILTC Nutrition Movement, Dr Jason Cheah, Chief Executive Officer for AIC said, “I am very heartened by the strong support and commitment shown by our ILTC providers and the larger community to raise and strengthen the professional capabilities of the sector. Such cross-disciplinary efforts will enable us to plan and provide better nutritional interventions for the sector and result in even better services and health outcomes for our elderly.”

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About the Agency for Integrated Care (AIC)

The Agency for Integrated Care (AIC) is set up by the Ministry of Health (MOH) to oversee, coordinate and facilitate all efforts in care integration. Our mission is to achieve best health outcomes for our patients by empowering patients and coordinating access to appropriate care, enable stakeholders to strengthen the primary and community care sectors, and enhancing collaboration to create a well-connected healthcare system. For more information, please visit www.aic.sg.