

## Are home care services providing people with enough help to eat and drink?

We want you to tell us whether you or your loved one's food and drink needs are being met by care services which are paid for by the local council.

According to Age UK one in ten people over the age of 65 are malnourished or at risk of malnutrition, that's over one million older people in the UK.

Research also shows that older people are more susceptible to dehydration which can lead to further complications such as fatigue, confusion, constipation, loss of balance and increased risk of hospital admissions.

Healthwatch is inviting people who are over 75 and their relatives, friends or carers to tell us whether the home care they receive, funded by Nottingham City Council or Nottinghamshire County Council, is meeting their needs.

More information about the project can be found on our website: <https://hwnn.co.uk/hc2022/>



If you, your friend or relative would like to take part  
**Call us on:**  
**0115 956 5313** or **07832 283196**  
and leave a message with your contact details and one of our friendly team will get back to you.

**healthwatch**  
Nottingham & Nottinghamshire

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**Tell us your story** Your voice will help to make a difference.

### Here's an example of what we have heard:

*"I asked the carers to weigh Mum's plate of food before and after eating because I was worried she was losing weight. It turned out she was only eating a couple of ounces/ a few grams a day. The house however was always obsessively clean. The carers were spending their time cleaning rather than encouraging Mum to eat. You wouldn't put a plate of food in front of a toddler and expect them to eat it all up alone."*

Comment from a carer from Mansfield

### Why this is important:

*"Hearing from people on their experiences of receiving care and support in their own home is really important to us so we understand how we develop and grow services."*

Melanie Brooks,

Corporate Director of Adults Social Care and Health -  
Nottinghamshire County Council

*"I would encourage people to take part in the Healthwatch survey. It will help us develop and improve home care services which we know are so vital to people who use them."*

Catherine Underwood,

Corporate Director for People - Nottingham City Council

### Who we are:

Healthwatch Nottingham & Nottinghamshire is the local independent patient and public champion.

We gather and represent the views of local people who use health and social care services and make recommendations to those who have the power to make change happen.

Healthwatch Nottingham and Nottinghamshire.

Unit 1, Byron Business Centre,  
Duke Street, Hucknall, NH15 7HP

Registered Charity Number: 1159968

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