

PO Box 615
Carlton South VIC 3053
hestaawards.com.au

 @HESTAACawards

Media release 17 July 2014

‘Good Food Matters’ program a finalist in national aged care awards

A new community nutritional care service for older adults in Melbourne’s southern region, is a national finalist in the 2014 HESTA Aged Care Awards.

The Brotherhood of St Laurence’s Social Inclusion Team is one of five finalists in the Team Innovation category.

The Team was recognised for developing the ‘Good Food Matters’ food service, tailored to the individual health needs of clients and going beyond traditional meal delivery services — by providing a qualified personal care attendant or community cook to prepare meals in clients’ homes.

Senior Manager Social Inclusion, Michael Hillier, said the program offers a meal preparation service that monitors people’s nutritional intake, tailors meals to suit clients with diabetes or other medical issues and helps create a social environment that encourages healthy eating.

“We employ personal care attendants with cooking experience who are passionate about food. Community cooks and chefs who have worked in busy commercial kitchens are capable of preparing meals quickly and efficiently in a client’s home and can also help with grocery shopping and other support,” Mr Hillier said.

After conducting a personalised assessment in a client’s home, weekly or fortnightly visits are scheduled. During these visits, team members cook meals that have been planned in consultation with the client, and plan the next session. .

“The same team member attends each session, in order to build rapport with the client and to facilitate regular and consistent feedback on the person’s overall health, wellbeing and ability to remain living independently,” Mr Hillier said.

“Clients who have had strokes benefit from engaging in regular conversation, while clients with mental health issues benefit from regular social contact with the same team member, who can provide useful alerts to case managers or family if concerns arise.”

Mr Hillier said between 30-40 people are currently receiving the service. There are plans to develop an online community menu planning Good Food Matters recipe book or an online app, as well as a hardback recipe book for clients without internet access.

Mr Hillier and the other finalists will attend an awards dinner in Melbourne, where the winners will be announced on Tuesday 5 August 2014.

A \$30,000 prize pool will be shared among the winners, generously provided by long-term HESTA awards supporter ME Bank. The Team Innovation and Outstanding Organisation Award winners will each receive a \$10,000 development grant. The Individual Distinction Award winner will receive a \$5,000 ME Bank *EveryDay* Transaction Account and \$5,000 towards further education.

HESTA is the leading super fund for health and community services, with more than 770,000 members and \$27 billion in assets. More people in health and community services choose HESTA for their super.

Visit hestaawards.com.au for tickets for the awards dinner or to learn more about the awards.

MEDIA CONTACT: Luisa Saccotelli 0400 149 901 or Aileen Muldoon 0419 112 503.