

Nutrition Study for Older Adults

What is this about?

- We would like to determine if a questionnaire can be used by older adults with diagnosed memory problems, mild cognitive impairment or dementia **OR** by residents living in retirement homes to identify nutrition challenges.

Commitment?

- **Visit 1:** in-person (~60-90 minutes). We will ask you questions about your health and collect body measurements
 - Record food and beverage intake for 3 days
- **Visit 2:** one in-person visit (~45-60 minutes) **OR** three phone calls (~30-45 minutes each) to describe your three days of food intake and complete a nutrition questionnaire
- **Visit 3:** in-person visit with a dietitian to do a nutrition assessment
- You will receive individualized tips to improve your food intake and nutrition.

Eligibility?

- **Characteristics:** ≥ 55 years old, read and speak English
- **Location:** Within driving distance of Waterloo, Guelph or London, ON

AND

- **Memory problems:** are diagnosed and a care partner can also participate

OR

- **Retirement home:** lived in the home for at least 3 months

Want to participate? Have questions?

Contact the study team: screen.study@uwaterloo.ca 519-888-4567 ext. 41470

This research study has been reviewed and received ethics clearance through the University of Waterloo (ORE# 42827) and University of Guelph (REB#22-07-23) Research Ethics Boards.

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