

# Nutrition Check-Up for Older Adults: Client Resources and Supports

The purpose of this document is to outline key messages, resources, and supports that can be offered to clients after they complete the printable version of the Nutrition Check-Up for Older Adults (modified SCREEN-8<sup>®</sup>) or SCREEN-3 Extended<sup>®</sup>, tools used to assess nutrition risk in older adults.

The areas assessed include:

- Changes in weight
- Appetite
- Coughing, choking, or having pain when swallowing food or fluids
- Hydration
- Eating practices and meal preparation

Alberta Health Services (AHS) Nutrition Services has added two questions to the Nutrition Check-up that are not part of the SCREEN-8<sup>®</sup> scoring: one screens for financial strain and the other assesses access to groceries or food.

The Nutrition Check-Up for Older Adults (printable and online) can be found at [ahs.ca/NutritionScreening](https://ahs.ca/NutritionScreening).

A point of care reference can be found in the Appendix.

## Nutrition Check-up Results

### 1. Has your weight changed in the past 6 months?

Tips	Suggested Client Resources (handouts, webpages, etc.) and Services
<p><b>If client has lost weight:</b></p> <ul style="list-style-type: none"> <li>• If you have lost weight without trying, you may need to take steps to prevent more weight loss. Any weight loss can cause muscle loss, which may affect your strength, movement, and ability to do daily tasks.</li> <li>• Consider talking to your healthcare provider.</li> <li>• Adding more protein to your meals may help you keep your muscles and stay at a healthy weight.</li> </ul>	<p><b>Resources:</b></p> <p>Visit <a href="https://ahs.ca/NutritionHandouts">ahs.ca/NutritionHandouts</a> and search:</p> <ul style="list-style-type: none"> <li>• Adding Calories and Protein to Your Diet</li> <li>• Foods with Protein</li> <li>• Adding Calories &amp; Protein (Plant Foods)</li> <li>• Making Smoothies with More Calories and Protein</li> <li>• High Protein, High Calorie Meal and Snack Ideas</li> </ul> <p><b>Services / Referrals:</b></p> <ul style="list-style-type: none"> <li>• With consent, refer to a dietitian and / or family physician if unintentional weight loss is <math>\geq 10</math> lbs. (4.5 kg).</li> </ul>
<p><b>If client has gained weight:</b></p> <ul style="list-style-type: none"> <li>• Changes in weight can happen even if your eating habits have not changed.</li> <li>• If you have sudden weight gain, consider talking to your healthcare provider.</li> </ul>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://OlderAdultNutritionScreening.wordpress.com">Maintaining a Healthy Weight</a> (OlderAdultNutritionScreening.wordpress.com)</li> <li>• <a href="https://www.healthycanada.ca/food-guide">Canada's Food Guide</a> (Health Canada)</li> </ul> <p><b>Services / Referrals:</b></p> <ul style="list-style-type: none"> <li>• With consent, refer to <a href="https://ahs.ca/AHLP">ahs.ca/AHLP</a> for classes related to healthy weight.</li> </ul>

2. Do you skip meals?

3. How would you describe your appetite?

Tips	Suggested Client Resources (handouts, webpages, etc.) and Services
<p><b>Skipping Meals:</b></p> <ul style="list-style-type: none"> <li>• Having 3 meals every day can help you get all the nutrition your body needs.</li> <li>• Refer to <a href="#">Q9 and Q10</a>, if skipping meals is related to low income.</li> </ul>	<p><b>Resources:</b></p> <p>Visit <a href="https://ahs.ca/NutritionHandouts">ahs.ca/NutritionHandouts</a> and search:</p> <ul style="list-style-type: none"> <li>• High Protein, High Calorie Meal and Snack Ideas</li> </ul> <p><b>Services / Referrals:</b></p> <ul style="list-style-type: none"> <li>• Considering referring to:               <ul style="list-style-type: none"> <li>• meal delivery services and/or meal programs (e.g. Meals on Wheels, meal kit delivery service, etc.).</li> <li>• grocery delivery program.</li> <li>• an in-home meal preparation service. You can also contact 211 or your local public health dietitian for community specific services.</li> </ul> </li> </ul>
<p><b>Appetite:</b></p> <ul style="list-style-type: none"> <li>• A poor appetite may mean you're not eating enough. Eat when your appetite is best. When your appetite is poor, try to eat smaller meals or snacks, more often.</li> </ul>	<p><b>Resources:</b></p> <p>Visit <a href="https://ahs.ca/NutritionHandouts">ahs.ca/NutritionHandouts</a> and search:</p> <ul style="list-style-type: none"> <li>• High Protein, High Calorie Meal and Snack Ideas</li> </ul> <p><b>Services / Referrals:</b></p> <ul style="list-style-type: none"> <li>• With consent, refer to dietitian and family physician if unintentional weight loss is <math>\geq 10</math> lbs. (4.5 kg).</li> </ul>

4. Do you cough, choke, or have pain when swallowing food or fluids?

Tips	Suggested Client Resources (handouts, webpages, etc.) and Services
<ul style="list-style-type: none"> <li>If you cough, choke or feel pain when eating or drinking, talk to your healthcare provider.</li> </ul>	<p><b>Resources:</b> Visit <a href="https://ahs.ca/NutritionHandouts">ahs.ca/NutritionHandouts</a> and search:</p> <ul style="list-style-type: none"> <li>Tips to Eat and Swallow Safely</li> <li>Soft, Moist, and Liquid Food Ideas</li> </ul> <p><b>Services / Referrals:</b></p> <ul style="list-style-type: none"> <li>If the answer is “Often” or “Always”, consult a family physician or primary care network (PCN) for referral to a speech language pathologist or other dysphagia (swallowing) specialist.</li> </ul> <p><b>Note:</b> Some locations may have a self-referral option.</p> <ul style="list-style-type: none"> <li>Refer to a dentist/denturist if problems with teeth, gums, or dentures.</li> </ul>

5. How many pieces or servings of vegetables and fruit do you eat in a day?

Tips	Suggested Client Resources (handouts, webpages, etc.)
<ul style="list-style-type: none"> <li>You might not be eating enough vegetables and fruits. Canada’s Food Guide recommends filling half your plate or bowl with vegetables and fruits at every meal.</li> </ul>	<p><b>Resources:</b> Visit <a href="https://ahs.ca/NutritionHandouts">ahs.ca/NutritionHandouts</a> and search:</p> <ul style="list-style-type: none"> <li>Eat More Vegetables and Fruits</li> </ul> <p><b>Other Resources:</b></p> <ul style="list-style-type: none"> <li><a href="#">Canada’s Food Guide</a> (Health Canada)</li> </ul>

6. How much fluid do you drink in a day?

Tips	Suggested Client Resources (handouts, webpages, etc.)
<ul style="list-style-type: none"> <li>You might not be drinking enough fluids. Most people need about 6 to 8 cups (1.5 to 2 L) of fluids every day.</li> </ul>	<p><b>Resources:</b> Visit <a href="https://ahs.ca/NutritionHandouts">ahs.ca/NutritionHandouts</a> and search:</p> <ul style="list-style-type: none"> <li>Older Adults Nutrition and Hydration</li> </ul>

7. Do you eat one or more meals a day with someone?

Tips	Suggested Client Resources (handouts, webpages, etc. ) and Services
<p>Eating with others, when you can, may help you enjoy your meals, eat better, and stay healthy.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li><a href="https://OlderAdultNutritionScreening.wordpress.com">Eating with Others and Alone</a> (OlderAdultNutritionScreening.wordpress.com)</li> </ul> <p><b>Services / Referrals:</b></p> <ul style="list-style-type: none"> <li>For local community services to support social connections, refer to 211, or ask your local public health dietitian for community-specific resources</li> </ul>

8. Which statement best describes meal preparation for you?

Tips	Suggested Client Resources (handouts, webpages, etc.) and Services
<ul style="list-style-type: none"> <li>If you are not satisfied with the quality of food prepared by others, ask family or friends for help with meals. You can also consider using community services (see column on right).</li> </ul>	<p><b>Resources:</b> Visit <a href="https://ahs.ca/NutritionHandouts">ahs.ca/NutritionHandouts</a> and search:</p> <ul style="list-style-type: none"> <li>Quick and Easy Meals</li> </ul> <p><b>Services / Referrals:</b></p>

<ul style="list-style-type: none"> <li>Your local seniors' centre or Family and Community Support Services (FCSS) may offer meal or delivery options.</li> </ul>	<p>Considering referring to:</p> <ul style="list-style-type: none"> <li>meal delivery services and/ or meal programs (e.g. Meals on Wheels, meal kit delivery service, etc.)             <ul style="list-style-type: none"> <li>grocery delivery programs</li> <li>an in-home meal preparation service</li> </ul> </li> <li>You can also contact 211 or your local public health dietitian for community specific services</li> </ul>
--	---

**9. Do you ever have difficulty making ends meet at the end of the month?**

**10. Do you have difficulty getting your groceries?**

Tips	Suggested Client Resources (handouts & webpages) and Services
<ul style="list-style-type: none"> <li>Many people face financial challenges at some point.</li> <li>There may be supports to help you in the community.</li> <li>If you haven't filed your taxes, consider looking for a free tax clinic in your community. Filing taxes can help you access income benefits.</li> <li>You can also talk to your healthcare provider, who may be aware of different types of community services, social supports, and health benefits available in Alberta. In addition, primary care networks provide team-based healthcare and may be able to find support for you.</li> <li>Focus on what you can do with the resources you have.</li> </ul>	<p><b>Services / Referrals:</b></p> <ul style="list-style-type: none"> <li>Call 211 to connect with income supports and other support services.</li> <li>Talk to your healthcare provider who may be aware of different types of community services, social supports, and health benefits available in Alberta, or speak to your local primary care network.</li> </ul> <p>Here are some ways to find a free community tax clinic:</p> <ul style="list-style-type: none"> <li>Visit <a href="#">Free tax clinics</a> (Government of Canada).</li> <li>Ask your nearest Family and Community Support Services (FCSS) or another community agency (e.g., Senior's Centre) for help.</li> </ul> <p>Please note: Clients cannot access government benefits if their income tax is not completed.</p>

Tips	Suggested Client Resources (handouts & webpages) and Services
	<p>Helping clients access additional financial assistance is the best way to help preserve dignity and choice to meet their food preferences and nutrition needs. If a client is interested in emergency food programs, assist the client through the referral and navigation process. Available emergency food programs can be found under <a href="#">Free Food in Alberta</a></p> <ul style="list-style-type: none"> <li>For more information, visit: <a href="#">Learning about food insecurity: Not having enough money for food</a> (MyHealth.alberta.ca)</li> </ul>

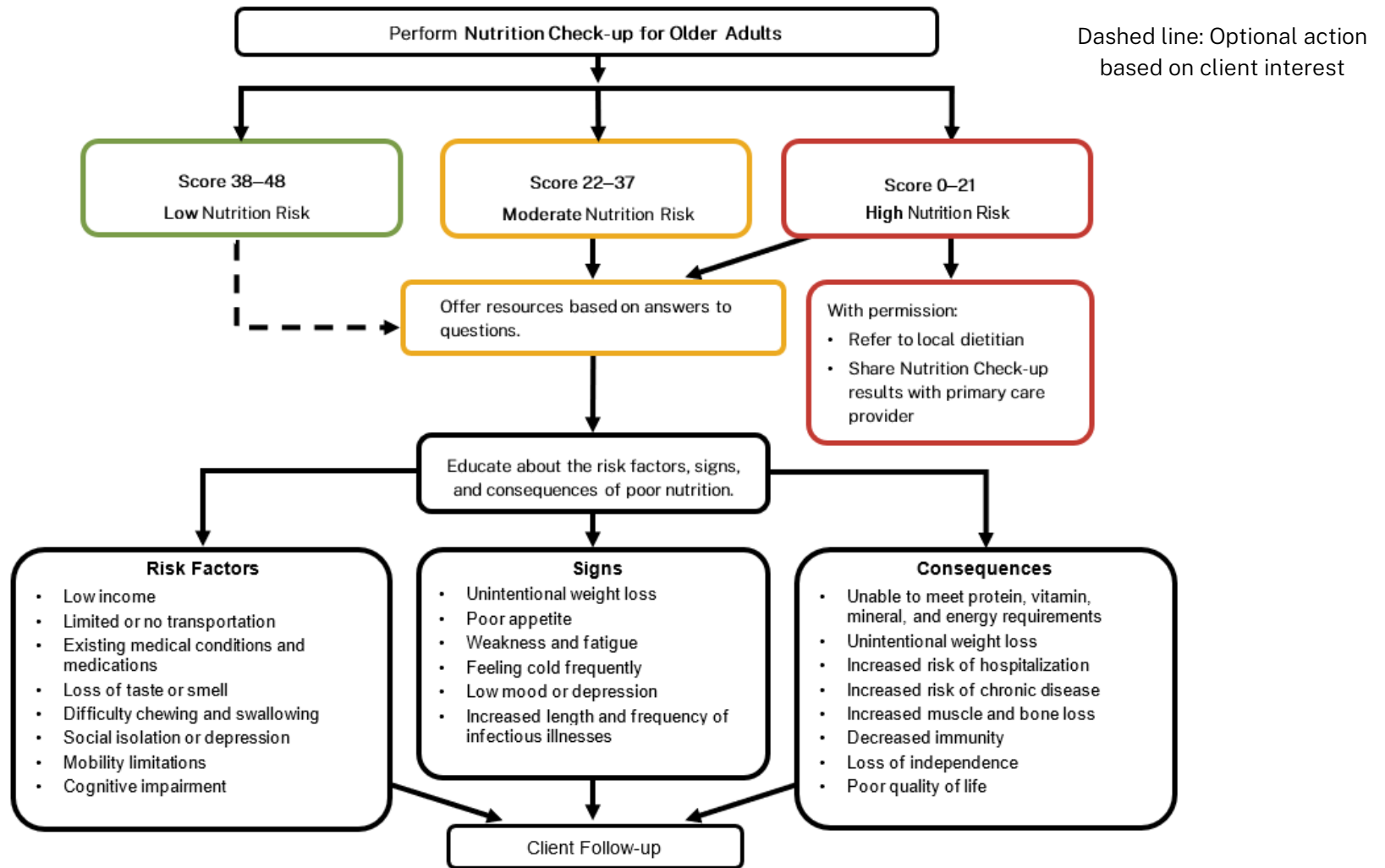
**More information:**

- For recipe ideas, visit: [ahs.ca/Recipes](https://ahs.ca/Recipes)
- For more nutrition handouts, visit: [ahs.ca/NutritionHandouts](https://ahs.ca/NutritionHandouts)
- For more information about nutrition for older adults, visit: [ahs.ca/OlderAdultNutrition](https://ahs.ca/OlderAdultNutrition)

If clients have questions about nutrition, they can call 811 and ask to speak to a dietitian. They can also complete a self-referral form by clicking this link: [Health Link Dietitian Self-Referral](#).

The Indigenous Wellness Core, partners with Indigenous peoples to provide accessible, culturally appropriate health services for First Nations, Métis and Inuit people in Alberta. To learn more, visit: <https://www.albertahealthservices.ca/info/Page11949.aspx>.

# Point of Care Reference



© 2026 Alberta Health Services, Nutrition Services.



This copyright work is licensed under the [Creative Commons Attribution NonCommercial-NoDerivative 4.0 International](https://creativecommons.org/licenses/by-nc-nd/4.0/). To view a copy of this licence, see <https://creativecommons.org/licenses/by-nc-nd/4.0/>. The licence does not apply to AHS trademarks, logos or content for which Alberta Health Services is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied, or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.