

## Referral Criteria for Clients to Eat Well Live Well Project

### **Purpose of the project**

- To identify the older person's barriers to eating healthily
- To work with individuals to design and implement a plan of action to improve their health and nutritional intake

### **Eligibility criteria**

Referred clients must meet the majority of the listed criteria:

1. Potential referrals to the service need to be Barnet residents 55 years and over. Priority will be given to those over 75 years of age.
2. Identified as malnourished, as defined by **one** or more of the following criteria:
  - Has a MUST score of 0 or 1
  - Has unintentionally lost 3Kg (0.5stone) in less than 3 months
  - Has unintentionally lost 10% of their body weight in the past year
  - Has unintentionally dropped more than 1 clothes size in the past year
3. The service will also take referrals from those who are overweight due to inappropriate eating habits or food choices.
4. It is essential that the source of the client's malnutrition is due to barriers in accessing or preparing foods or a lack of motivation to eat well
5. Give consent to being referred to the service.
6. Agree to have their height/weight and/or muscle strength measured. Muscle strength will be measured by testing hand grip strength. This is a non-invasive procedure where clients squeeze a piece of apparatus in one hand, which measures their muscle strength'
7. Not be in a crisis or in an emergency situation.
8. The needs and expectations of the client need to be appropriate to the service provision.
9. Agree to be interviewed by a member of Age UK Barnet in their homes, will involve a risk assessment and recording some personal details. They need to know they will be required to sign a form granting permission for Age UK Barnet to share those personal details with relevant staff, volunteers and if necessary with the emergency services.



Individuals will be assessed on an individual basis; however the following clients may **not** meet our eligibility criteria for the service.

1. Those with a medical condition which is causing their malnutrition e.g. unsafe swallow; cancer; crohns disease etc.
2. Those with serious mental health, personality or behavioral problems, especially those in crisis or who we are unable to risk assess.
3. Those with memory or mental health issues if our service is to be their only means of support.
4. Those suffering from moderate to severe dementia who are not able to remember appointment times or form a meaningful relationship with a volunteer, unless they have an engaged carer who can help the client to engage in the programme.
5. Those with dementia which has not been officially diagnosed or have a reasonable awareness or acceptance of their condition.
6. Those who are assessed to be living in conditions which do not meet Age UK Barnet Health and Safety standards. Where appropriate applicants will be sign posted to the means to rectify their living conditions and once this has been done, they can be reassessed.

**For further information about Eat Well Live Well contact:**

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