

THE AGED CARE *Scoop*



Exclusive
industry news,
competitions
& deals inside

Join our *free* education session, Residents' Choice!



TUESDAY 6 MAY, 2025



1PM AEST

We're proud to announce that we're holding another **FREE** Nutritional Education Session for Residential Aged Care homes. The topic is, **Residents' Choice!**

Get ready for the upcoming Strengthened Quality Standards and discover the importance of Residents making choices on food, drink and dining experiences; resident feedback; cultural and religious choices and dignity of risk. Presented by our Accredited Practising Dietitian, Cammy Nguyen.

www.oscarcaregroup.com.au/event-details/education-session-residents-choice

**RSVP
HERE**

Contact us for the full list of topics and pricing



If the above session time or date doesn't work for your team, we can book a session just for your home.

Covering Resident's Choice or any of our 30+ education sessions designed to provide in-depth knowledge on Nutrition in Aged Care. Reach out to our team today.

www.oscarcaregroup.com.au

Mark these dates in your diary!

APRIL 2025						
M	T	W	TH	F	S	S
	1	2	3 	4 	5	6
7	8 VIRTUAL 	9 WEBINAR 	10	11 	12	13
14 WINTER MENU due for review	15	16	17	18 Good Friday	19	20 Easter Sunday
21 Easter Monday 	22	23	24 IN CLASS 	25 Anzac Day	26	27
28 Stop Food Waste Day 	29	30				

MAY 2025						
M	T	W	TH	F	S	S
			1 	2 	3	4
5	6 EDUCATION 	7	8	9	10	11 Mother's Day
12	13 VIRTUAL 	14	15	16	17	18
19	20	21	22 IN CLASS 	23	24	25
26 Food Allergy Week 	27	28	29	30	31	

JUNE 2025						
M	T	W	TH	F	S	S
30						1 WINTER MENU starts today
2	3	4 	5 	6	7	8
9 King's Birthday	10 VIRTUAL 	11	12	13 	14	15
16 Dietitian's Week	17	18 	19	20	21	22
23	24 	25	26 IN CLASS 	27	28	29

JULY 2025						
M	T	W	TH	F	S	S
	1	2	3 	4	5	6
7	8 VIRTUAL 	9	10	11	12	13
14 SPRING MENU due for review	15	16	17  WEBINAR	18 	19	20 
21 	22	23	24 IN CLASS 	25	26	27
28	29 	30	31 			

Food Safety Training



FOOD SAFETY LEVEL 1
IN CLASS & VIRTUAL SESSIONS



BASIC FOOD HANDLING
IN CLASS



FOOD SAFETY SUPERVISOR
IN CLASS & VIRTUAL



FOOD SAFETY REFRESHER
VIRTUAL

Enrol
HERE

www.oscarcaregroup.com.au/training

Training



FOOD ALLERGY TRAINING
VIRTUAL



IDDSI TRAINING
VIRTUAL

Events



RESIDENT'S CHOICE
FREE Education Session



**ARE WEIGHT LOSS INJECTIONS
REALLY THE SOLUTION** FREE Webinar



MASTERING THE 2/4 HOUR RULE
FREE Webinar

Food Days



Carrot Day



Chickpea Day



World Ice Cream Day



Lamington Day



Lasagna Day



Avocado Day



RESIDENT NUTRITION

Finding Texture Modified Foods that Residents want to eat

As part of the Strengthened Quality Standards, Aged Care Homes must provide texture modified foods that residents want to and agree to eat. Dysphagia can lead to malnutrition, dehydration, poor mealtime experiences and a reduced quality of life. This is where the help of an experienced Dietitian can help Residents on texture modified diets meet their nutritional needs and find options that Residents are happy eat.

Speech Pathologists assess and determine the appropriate IDDSI levels to minimise swallowing difficulties, while Dietitians ensure food provision adheres to the Speech Pathologist's recommendations.

The advantages of having a Dietitian who understands texture modified diets

Not being able to enjoy the foods that someone is familiar with, is not fun at all, especially when surrounded by friends and family who have greater options in foods to choose from.

Dietitians who have extensive knowledge in food service and texture modified diets can understand how food can be altered or what other nutritious food can be substituted to allow individuals to have meals they are more likely to enjoy. Rather than limiting foods, a knowledgeable Dietitian can find solutions that not only enhance quality of life but also provide nutritional adequacy.

MENUS

An important aspect of aged care menus is texture modification.

Our Dietitians help you comply with the texture modified IDDSI levels on your Aged Care menus as well. During your seasonal menu review and Menu & Mealtime Quality Assessments, Dietitians will be reviewing the food on offer for the residents on texture modified diets. We strive to maintain choice for residents who may require modification.

In Aged Care, snacks are often provided for morning tea, afternoon tea and supper. Dietitians will recommend easy snacks that fit within all the IDDSI levels such as High Energy and High Protein chocolate mousse, or panacotta.

RECIPES

Speech Pathologists and experienced Dietitians may provide alternatives and substitution to foods without completely changing the recipe by simple swaps or recommending different cooking methods.

Below are some examples of how to adjust recipes (e.g. spaghetti) based on each IDDSI level:

- 7** **EASY TO CHEW** peel all vegetables, cook until tender, and use smooth tomato puree
- 6** **SOFT AND BITE SIZED** use minced meat and orzo pasta (<1.5x1.5cm)
- 5** **MINCED AND MOIST** add extra pasta sauce to moisten, use orzo or risotto pasta (<0.4x0.4cm)
- 4** **PUREED** puree and strain meat sauce and pasta separately

Each of OSCAR Care Group's recipes contain suitability and modifications to suit all IDDSI food levels. Recipes are available to purchase individually, or in our upcoming Aged Care Recipe Book.



Read more about Dietitians on texture modified diets, IDDSI and dysphagia **HERE**

www.oscarcaregroup.com.au/post/dietitians-on-texture-modified-diets-iddsi-and-dysphagia

Have the Strengthened Quality Standards got you in a pickle...



WE'LL GUIDE YOU THROUGH STANDARD 6

Under the Strengthened Quality Standard 6, Residents will have choice and independence to make decisions about the food they want to eat, a varied and changing menu as well as meeting their nutritional needs.

This Standard helps you focus on:

- menu planning and design
- good nutrition and access to food and drink during and outside of planned meal times
- regular review and assessment of the nutritional needs of older people
- an enjoyable dining experience.

NOT ALL HEROS WEAR CAPES

Our team of Dietitians, Speech Pathologists, experienced Aged Care Chefs, and Food Safety experts can help you meet the Strengthened Quality Standard 6 through our Menu Review Process, MMQAs, recipes and nutritional education. We're here to help residential aged care homes.

www.oscarcaregroup.com.au/aged-care-dietitians

COMPETITION

Two winners
drawn each
month!

WIN MEDALLION CLUB FOOTY TICKETS*

The best seats in the house

Win two Medallion Club tickets for a upcoming
2025 Premiership AFL game of your choice*

Win tickets to reward an amazing staff member, could be from the kitchen team, lifestyle, care staff, nurses, care directors or to say thanks to a special family – it's up to you! These tickets are fully transferrable.

Watch your team win or lose in the style of Medallion Club. Winners will enjoy this exclusive level 2 reserved seating with the best views on ground.

Open to all Aged Care & Childcare staff to enter. Winners will be drawn and notified on the 1st of each month up until August 2025.

Would you like to see **Carlton v GWS Giants**? Or how about **Essendon v Sydney Swans**? Select your preferred team when you enter. This won't guarantee tickets to their games but additional winners may be announced should certain games not have any other interest.

EACH WINNER TO RECEIVE

- Two Medallion Club tickets, Level 2 at Marvel Stadium for a 2025 AFL game
- One VIP parking ticket
- Access to Medallion Club Dining (please note, this is access only. Dining is an additional cost)

HOW TO ENTER

Enter your details via our competition form ↗

www.oscarcaregroup.com.au/medallion-club-competition

Terms and Conditions

Competition runs between April 1, 2025 until August 1, 2025. Two winners will be drawn and notified on the 1st Monday of each month for the months of May to August. A total of 8 winners during this period. Competition is only open to all Australian Childcare, Aged Care Homes, Early Learning Centres, Kindergartens, Outside of School Hour Care programs. Multiple entries are welcome. Each winner will receive two tickets for exclusive Medallion Club level 2 reserved seating at Marvel Stadium, one VIP parking ticket and access to the Medallion Club dining. The Medallion Club Dining is available to purchase at a cost and is not included as part of the prize. Children are permitted to enter the Medallion Club accompanied by an adult. Smart casual is the minimum dress standards for the Medallion Club. Selecting a preferred game/s upon entry is not a guarantee to win tickets for those games. Games will be given to winners on a first-in basis. Tickets cannot be redeemed for cash or any OSCAR Care Group's products or services.



RESIDENT NUTRITION

Residents' choice and control: A difficult diagnosis to swallow

Residents have the right to choose and be allowed control over decisions around eating and drinking. However, this can be difficult for Residents with swallowing issues. Texture modified diets allow residents to safely enjoy foods while managing the risks of choking or aspirating.

The limitations of the IDDSI levels can be a difficult diagnosis to swallow for Residents and families. However, there are processes that can be put in place for some Residents to safely and ethically enjoy the food they want. Let's take a look at Betty's Story.

Meet Betty

Betty, 82-year-old female living in residential aged care, diagnosed with dementia. Betty wasn't chewing her food well anymore and was also coughing when eating and drinking. Nursing staff made a referral to the Speech Pathologist for a swallowing assessment.

Upon review, the Speech Pathologist explained that Betty is coughing, and almost choking on "regular" foods such as bread, biscuits and meat. Due to Betty's dementia, unfortunately it is unlikely that this will improve. The Speech Pathologist recommended a "minced and moist diet" for Betty. Ron, her husband, understood Betty's risks of potentially choking on these foods, and initially accepted the clinical recommendations.

2-WEEKS LATER

Betty was refusing meals and stating that she does not like 'the texture'. Betty only wants to eat Ron's famous ham and cheese toasted sandwiches for lunch and regular, unmodified foods. As a result of the mealtime refusal, Betty was already losing weight, and not getting the nutrients that she needed from her diet. Ron was very upset by this, and asked Betty to be put back on 'normal foods'.

WHAT HAPPENS IN THIS SITUATION?

We have Betty, who is clinically at risk due to her progressing swallowing difficulties of choking or potentially aspirating on the bread. However, we also have a resident who is losing weight, refusing meals, and is very upset about missing out on her family's traditional meal. Furthermore, Ron is also devastated by the modified diet and says he "just cannot come to terms with this", wanting Betty to have choice over her meals.

Clinically we understand that Betty is physically at risk of choking or aspirating on regular foods. However, it is evident that her quality of life and mental health is largely impacted by the modified diet. Furthermore, Betty's weight loss was putting her at risk of malnutrition.

This is why there's an importance around Resident's choice and why this has been highlighted in the Strengthened Quality Standards. – replace with 'Resident's choice has been highlighted of utmost importance in the Strengthened Quality Standards. Dysphagia be a difficult diagnosis to swallow, however, choice and control, acknowledgement of risk, and quality of life need to be part of the recommendation.

There are other safe swallowing strategies that can still be implemented for the resident and their family if they choose to eat with an acknowledged risk. Our Speech Pathologists can support residents and families with these strategies.



www.oscarcaregroup.com.au/post/dysphagia-management-aged-care-resident-choice



DIETETICS

Why a culturally diverse residential Aged Care Home is essential

Residents from Culturally and Linguistically Diverse (CALD) backgrounds often require an Aged Care home that is strongly considerate of their spiritual, dietary, and linguistic needs. This optimises their comfort, communication, and overall quality of care. After all, culture represents one's identity and way of life, inclusive to beliefs, religion, art, tradition/rituals, and values.

Culturally diverse foods include the safe and nutritious food that meet the diverse taste and needs for residents based on their cultural identity. replace with 'Culturally diverse foods should be safe, nutritious and meet the diverse taste and needs for residents based on their cultural identity. However, it is important to note that one person does not represent their entire culture.

Therefore, developing a plan and considering one's dietary needs need to be assessed:

- Types of food embraced by their culture (spicy, salty, acidic, bitter etc.)
- Tradition and culture habits related to food (Christmas, Easter, Hanukkah, Diwali, Hajj, Ramadan, Pass Over, Chinese New Year etc.)
- Dietary needs to prevent and support a resident's health (texture modifications, fluid restriction, nutrient specific modifications etc.)
- Eating patterns (size of breakfast, lunch, dinner, snacks, and supper)
- Eating utensils (i.e., knife and fork, chop sticks, spoons, hands etc.)



How to enhance your Aged Care home menu

Ensuring that the food being provided to the elderly population is tasty, nutritious and achievable is critical. Therefore, by developing the following, can be a great start.

- 1 Engaging all the senses of Taste, Appearance, Texture, and Aroma
- 2 Being creative in the menu with rotations and seasonal produce
- 3 Providing ethnic and culturally appropriate foods tailored to the residents within your Aged Care home
- 4 Planning for ideal mealtime environment and dining experiences
- 5 Including all 5 food groups in the menu
- 6 Understand residents' background and culture
- 7 Focus on residents' favourite cultural foods
- 8 Include cultural ingredients and recipes

All these aspects, contribute to our food experience and have impacting effects on our physical, mental and emotional health.

To maximise your Aged Care home's menu, book a menu assessment to make achievable and nutritious enhancements to improve Residents' wellbeing.

www.oscarcaregroup.com.au/post/why-a-culturally-competent-residential-aged-care-home-is-essential



Making Menu & Mealtime Quality Assessments simple

BOOK YOUR MMQA BEFORE JULY 1

The Menu & Mealtime Quality Assessments (MMQA) was developed using the Aged Care Quality Standards as the framework, and therefore, is fundamental in demonstrating to the Aged Care Quality and Safety Commission that you are meeting applicable standards.

Although the MMQA is a comprehensive and thorough review, our MMQA process has been tried and tested to streamline the process – Our Dietitians have it down pat!

We use our modern digital system to complete your review to ensure this process is as time and cost efficient as possible. With our resources and guidelines to help guide your chef, we make this complicated process easy. You won't be in a pickle with Standard 6, when choosing our Dietitians to complete your MMQA.

Download
the MMQA
factsheet
HERE

www.oscarcaregroup.com.au/resources



RECIPE

Orange Sago

Sago pudding is a delight and why not add a twist with a zest of orange. This recipe adds Vitamin C from oranges which are in season currently, and this is a great HEHP dessert or mid-meal snack with the dairy component.

INGREDIENTS	
SERVES 50 RESIDENTS	
4L	Milk
700g	Milk powder
625g	Caster Sugar
25 Oranges	Orange Zest
300g	Sago
700mL	Orange Juice
20	Eggs, separated
TO SERVE	
3.75 L	Custard (75ml per serve)

CONTAINS Milk, Egg

METHOD

CRUMBLE

1. Preheat oven to 180°C. Place milk, 125g caster sugar, orange zest and sago in a saucepan.
2. Bring to the boil then reduce heat to simmer, add in milk powder. Cook for 5min or until all liquid has been absorbed.
3. In a separate bowl mix orange juice and egg yolks.
4. In a clean, dry bowl, whisk egg whites with 500g caster sugar until soft peaks are formed.
5. Fold yolks and egg whites into warm sago mix. Gently stir through until combined.
6. Pour pudding into greased ovenproof dishes.
7. Take a large roasting dish and quarter fill with water. Place pudding dishes in the roasting dish. The water should come halfway up the side of the pudding dishes.
8. Bake for 20-25mins until puddings are puffed up and slightly golden on top.
9. Remove from oven and serve immediately with custard.

TEXTURE MODIFICATION

SUITABILITY* with recipe edits

- 7 REGULAR EASY TO CHEW**
Puree Sago pudding and pass through a sieve to remove bits, skin, and fibre. Serve pudding with custard.
- 6 SOFT & BITE SIZED**
As per Regular easy to chew. Ensure no thin liquid leaking or dripping from the food.
- 5 MINCED & MOIST**
As above.
- 4 PUREED**
Ensure smooth puree, as above.

NUTRITIONAL INFORMATION	PER SERVE (233G)	PER 100G
Energy (kJ)	1260	541
Protein (g)	12	5
Total Fat (g)	10	4
Saturated Fat (g)	6	3
Carbohydrate (g)	42	18
Sugars (g)	35	15
Dietary Fibre (g)	0.03	0.01
Sodium (mg)	158	68

*Refer to the full OSCAR recipe and ensure food testing to align with IDDSI guidelines.



www.oscarcaregroup.com.au/aged-care-recipe-book

No Bread means...

TEXTURE MODIFIED FOODS GUIDE

Bread is one of the most common foods that contribute to choking-related deaths. For this reason under the International Dysphagia Diet Standardisation Initiative, Residents with swallowing issues on a Minced & Moist, Soft & Bite-Sized and Puree Diet, should avoid bread to manage the risk.



No bread or toast with toppings

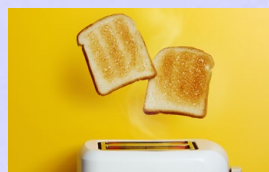
No Bread! Now what?

The Foods we have listed should be avoided in their regular form, however there is a solution. There are different methods to prepare food for Residents on a texture modified diet to make foods safe. Such as using gelled bread to make a sandwich is an option for MM5 and SB6 Diets when paired with a moist filling. Reach out to our team for more details.

Find out more about the risks of choking on bread **HERE**
www.oscarcaregroup.com.au/post/we-hate-to-be-the-bread-er-of-bad-news



No White, Multigrain or Wholemeal Bread (with or without crusts)



No Toast



No Sourdough, Baguettes, or Focaccias



No English Muffins, Crumpets or Brioche



No croutons



No Sandwiches (fresh or toasted)



No Garlic Bread



No Schnitzels, Parmas, or Kiev



No Burger Buns or Hotdog Rolls



No Arancini or Croquettes



ABOUT US

Supporting you to deliver five star care and hospitality

We make it our business to know all the legislative requirements for Aged Care homes, Class 1 food premises to ensure you keep our residents safe. Our Dietitians, Speech Pathologists and Physiotherapists, Food Safety Experts and Auditors are here to help you meet your compliance needs and improve the quality of resident's lives. Afterall, our residents' deserve the best of care!

ALLIED HEALTH

Our Allied Health team is here to provide one-on-one care for your residents.

FOOD SAFETY PROGRAMS

Stay compliant with our food safety program.

MENU REVIEWS

Desktop Menu Reviews, MMQA or we can develop a menu from scratch with you.

RECIPES

Add flavour to their plate with our range of recipes tailored for elderly nutrition for Aged Care.

AUDITING

Gap Audits, Internal Audits, and 3rd Party Independent Food Safety Audits.

OSCAR PLUS

Everything at your finger tips.

FOOD SAFETY TRAINING

Our suite of accredited courses are tailored to the Aged Care industry.

IDDSI TRAINING

Evidenced-based IDDSI training break down the complexity into smooth practical bite-sized chunks.

FOOD ALLERGY TRAINING

Everything you need to know when preparing food for residents with an allergy.

EVENTS & RESOURCES

Webinars, events & free resources for all aged care staff.

