

senses FOUNDATION

Food Sensations in supported accommodation program

Project date:

February – June 2012

Project location:

Senses Foundation community homes

Target group:

Support workers and residents with disabilities

Background

Senses Foundation conducted a four week program for residents in their community homes. The program focused on increasing awareness of healthy eating. An additional four follow up sessions were provided to reiterate concepts from the program.

Objectives

- Improve healthy eating options for Senses residents and support workers.
- Increase the in-house experience and knowledge to run a similar program at other Senses community homes.
- Increase suitable kitchen equipment in community houses for successful food preparation.

What happened?

- The Food Sensations program was implemented at two Senses community homes.
- Two hour sessions were conducted over four weeks and focused on healthy eating, portion control, label reading and food storage.

- Additional sessions were provided over another four weeks to emphasise concepts from the program.
- Two Senses employees attended training run by Foodbank WA.

Results

- All participants provided positive feedback on the program.
- Residents liked the use of visual aids and repetition.
- Feedback from support workers and therapists indicated that the residents enjoyed using the new kitchen equipment purchased with funding from the grant.

Participant quotes

- Some written comments about what was learnt by the support staff about running a healthy eating program included “healthy eating doesn’t have to be bland”.

Tips for others

- Start planning early on – this usually takes more time than you think!
- A dedicated staff member should be available at each session and a follow up session is important for consistency

Program partners

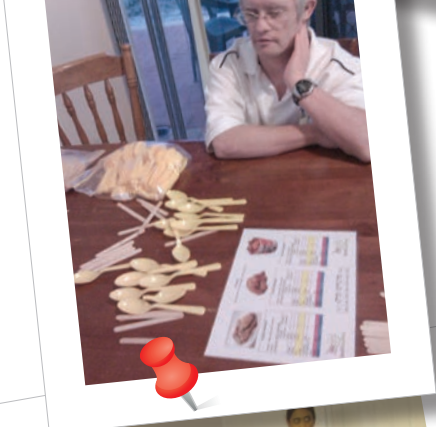
- Foodbank WA

Promotion and Integration of the Swap It campaign

- Swap It, Don’t Stop It posters were displayed in the homes.
- Residents wore Swap It, Don’t Stop It polo shirts and used the drink bottles and other available merchandise.

Senses FOUNDATION

continued



Where to from here?

The Senses Foundation plans to implement the program at another three group houses during 2012 and will present the project at a national conference. The Foundation has also developed an in-house education and resource package for all staff who would like to implement all or parts of the program.

Organisation contact

Ana Mairata,
Senses Foundation on
P: 9473 5400 or
E: ana.mairata@senses.asn.au

