

Monitor weight: Help the older adult check his or her weight at home. Drop by during mealtime or invite the older adult to your home for occasional meals. Use local services: Contact local service agencies that provide at-home meal deliveries, in-home visits from nurses or dietitians, access to a food pantry, or other nutrition services. Observe habits: Spend mealtimes together at home or during mealtime in a hospital or care facility to observe eating habits. Keep track of medications: Keep a record of all medications, the reason for each medication, dosages, treatment schedules and possible side effects. Encourage participation in social programs where members of the community can eat together. Daily exercise even if it's light can stimulate appetite and strengthen bones and muscles. Keep a weekly record. Changes in how clothes fit can also indicate weight loss. Help plan healthy meals or prepare meals ahead of time. Make meals social events.