

Bury case studies

An 84 year old lady spoke to me during a lunch club. She told me she had fallen twice over the weekend. I asked her if she thought she was drinking enough fluids. It was 1 o'clock in the afternoon on the day of our conversation and she said she hasn't had a drink yet. She had a bottle of water with her which was full but because she was carrying it around with her she was not offered drinks at the lunch club.

"I don't like to eat because I am sad and lonely. My husband passed away two years ago and now I live on my own and don't find any pleasure in eating- I just don't see the point in it" This was said by an elderly lady I spoke to during a meeting in Age UK Bury.

"I know why I am getting thinner- its because I am old!" In fact, getting old is not an excuse for losing weight- if anything weight should increase with age as metabolism goes down and we use less energy.

"I was married to my wife for nearly 60 years before she unexpectedly passed away last year. I was left on my own and because she had always done the cooking I was left with grief and with not knowing what to do in the kitchen. For the first weeks after her passing I lived on cups of tea and biscuits and lost a lot of weight. One day my neighbour noticed this and started bringing me meals and take me shopping for food"