

# CARING FOR OLDER PEOPLE: NUTRITION AND MENTAL HEALTH ESSENTIALS

## Prioritising health, nutrition and mental wellbeing of older adults.

Supporting the health and safety of older adults is paramount, as it directly impacts their quality of life and overall wellbeing. A balanced diet and proper nutrition are essential for maintaining physical health, preventing chronic diseases, and promoting longevity. Equally important is addressing mental health, as it fosters emotional stability, cognitive function, and social engagement. By prioritising both physical and mental health, we can support older people to lead fulfilling, independent lives and contribute to a healthier, more resilient community.

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- **Course code:** MPD0046
  - **Study mode:** Online
  - **Duration:** 12 weeks
  - **Start date:** 28 April 2025
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The purpose of this microcredential is to enhance learners' understanding of the health and care of older adults, preparing them for employment in one of Australia's fastest-growing sectors.

Participants will gain expertise in nutrition for older adults, factors contributing to mental health disorders, and the impact of these disorders on individuals, including stigma and caregiver burden. The microcredential covers current treatments, person-centred mental health care approaches, and protective measures for vulnerable elderly individuals.

Learners will develop a comprehensive understanding of the mental health challenges faced by older adults, factors influencing diet and food choices, and dietary habits. They will also learn about the nutritional needs and recommendations for older adults, the functions and food sources of specific nutrients, and practical skills such as food labelling, food fortification, and strategies to improve nutrition in various contexts.

It has been collaboratively designed with experts in the aged care sector to ensure its relevance to professionals in the field.

## COURSE STRUCTURE

As part of this microcredential, you will be required to complete learning over a 12-week period. This is delivered online with interactive activities each week. Each week will focus on a topic related to nutrition or mental health and you will hear from experts while having opportunities to discuss, ask questions and plan how you can implement this learning in your work or personal life.

## STUDY GRANTS AVAILABLE

Monash University and the Commonwealth Department of Education are offering study grants for this microcredential, so students will not be required to pay a student contribution amount for this course in 2025.

## FURTHER STUDY

Completing assessments for this microcredential can assist you in progressing towards a [Bachelor of Health Sciences](#) degree at Monash University.

## HOW TO APPLY

If you're interested in this microcredential, please email our team at [scs-studentservices@monash.edu](mailto:scs-studentservices@monash.edu). You'll receive an application form along with all the necessary details about the application process.



*"This course will help you gain a better understanding of nutrition and mental health and provide you with practical ideas to help improve the health of the older people you care for."*

### Associate Professor Janeane Dart

Director of Education, Department of Nutrition, Dietetics and Food.

## [VISIT WEBSITE](#)

## Contact Us

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