

APPENDIX II

KNOWLEDGE AND PRACTICES QUESTIONNAIRE FOR THE CAREGIVERS

1. Do you know about the various changes taking place in an elderly? Specify?

- Loss of teeth and difficulty in mastication
- Greying of hair
- Wrinkled skin
- Reduced mobility
- Reduced appetite and lack of interest in foods
- Alteration in certain tastes
- Diminished vision
- Fragile bones
- Shortness of breath
- Take longer time to fall asleep and sleep hours are reduced
- Difficulty in digesting food
- Any other

2. Do you know about some common health complaints of the elderly? Specify?

- Constipation
- Flatulence
- Fullness of stomach
- Acidity
- Any other

3. Which disorders commonly occur with advancing age?

- Osteoporosis
- Osteoarthritis
- Heart ailments

- Diabetes mellitus
- Hypertension
- Cancer
- Any other

4 Do you think these health complaints and disorders have any relation with the diet of an elderly ? Specify?

- Constipation - ↓ fibre and water.
- Flatulence - ↑ legumes
- Acidity - ↑ tea/coffee, chillies, carbonated beverages
- Hypertension - ↑ salt
- Diabetes mellitus - ↑ sugar
- Bone disorders - ↓ calcium / milk and milk products
- Heart ailments - ↑ fats/oils. Fried foods. Non-vegetarian foods

5 Do you know about the importance of fruits and vegetables in the diet ? Specify?

6. Do you know fruits and vegetables are rich in which nutrients ?

- Vitamins
- Vitamin A - yellow orange fruits and green leafy vegetables
- Vitamin C - citrous fruits
- Vitamin A and C
- Any other

7. Do you have any idea about the changes that should be made in the diets for an elderly person ?

- Changes in consistency
- Change in texture
- Amount of oil / fats
- Amount of spices
- Change in taste
- Any other

8. Do you think it is important to consider the various changes taking place while planning / preparing diets for an elderly ? Specify with reasons.

9. Is it necessary to make changes in the diets if the elderly is suffering from any specific disorder?

10. Do you prepare separate meals for the elderly people in your house ?

If yes: specify the meal pattern

- Modified in taste
- Modified in texture
- Modified in consistency
- Any other

If no : specify the reason

- No time
- Elderly themselves do not like it
- Too laborious
- Any other

11. While preparing meals for the elderly in your family, what basic dietary guidelines you keep in mind ?

- Foods to be included : Specify giving reasons
- Foods to be avoided . Specify giving reasons
- Foods to be restricted : Specify giving reasons
- Foods to be given liberally . Specify giving reasons

12. What kind of changes do you make in the diets for an elderly with common problems ?

- Constipation
- Bone disorders
- Heart ailments
- Diabetes mellitus
- Any other

13. Do you encourage the elderly to consume more fluids in terms of water, soups or fruit juices throughout the day ?

If yes, how frequently

- < 5 times a day
- 5 - 8 times a day
- > 8 times a day

14. What are the forms in which you give green leafy vegetables (GLVs) to the elderly in your house ?

- Only in sabji form
- Salad
- Soup
- Incorporate it with other food items eg, thepla, puri, khakra
- All of the above

15. If other members of the families do not prefer GLVs, even if you know its importance, what do you do ?

- Do not cook the GLVs at all after looking at the family preferences
- Prepare separately for the elders
- Cook GLVs occasionally in such cases