

HomePlate Executive Summary

Why Older People Don't Always Eat Well at Home

HomePlate Insights was made possible with the support of the Wicking Trust, the Helen and David Hains Foundation, the University of Sydney, and the Bernard Curran Foundation, in partnership with survey partner Square Holes and our Think Tank members.

ALMOST 2,500 PEOPLE SURVEYED. 234
PEOPLE INTERVIEWED. ONE CLEAR MESSAGE.

Most older people want to stay in their own homes as they age, but staying well at home is not always easy, with malnourishment often developing quietly and affecting health, independence and quality of life. HomePlate Insights, led by the Maggie Beer Foundation, explores the everyday experiences that shape how older people eat and enjoy food at home.

THREE VOLUMES



WHAT OFTEN CHANGES WITH AGE?

- Eating less
- Cooking less often
- Eating alone more often
- Losing motivation to cook
- Having to cook for the first time

WHAT DRIVES EATING WELL?

- Motivation and enjoyment
- Confidence and capability
- Social connection

Access to food is essential, but it doesn't automatically lead to eating well.

FIVE KEY MESSAGES

- 1 Enjoying food matters**
Pleasure and purpose help keep people interested in cooking and eating.
- 2 Confidence matters**
Practical skills and support help people adapt as life changes.
- 3 Small changes matter**
Changes in appetite or interest in food are often early warning signs.
- 4 Food is better shared**
People are more likely to eat well when food connects them with others.
- 5 Keep advice simple**
Older people want practical, everyday guidance they can use.

