

Ways for nutrition cluster practitioners to include older people

1. Integrate guidance



- The **Humanitarian Inclusion Standards for Older People and People with Disabilities (HIS)** are designed to help address the gaps in understanding their needs, capacities and rights of older people and people with disabilities and promote their inclusion in humanitarian.
- The **Sphere Standards** highlight older people's needs across three standards related to nutrition inclusion. Each standard provides actionable guidance for planning, implementation, and monitoring.
- The Global Nutrition Cluster's **'Tips on Nutrition Interventions for the Humanitarian Response Plan'** offer a dedicated chapter on managing malnutrition in older people.

2. Enhance data collection methods

Integrate sex, age, and disability disaggregated data (SADDD) into cluster plans and humanitarian reports on nutrition can improve targeting and response effectiveness.



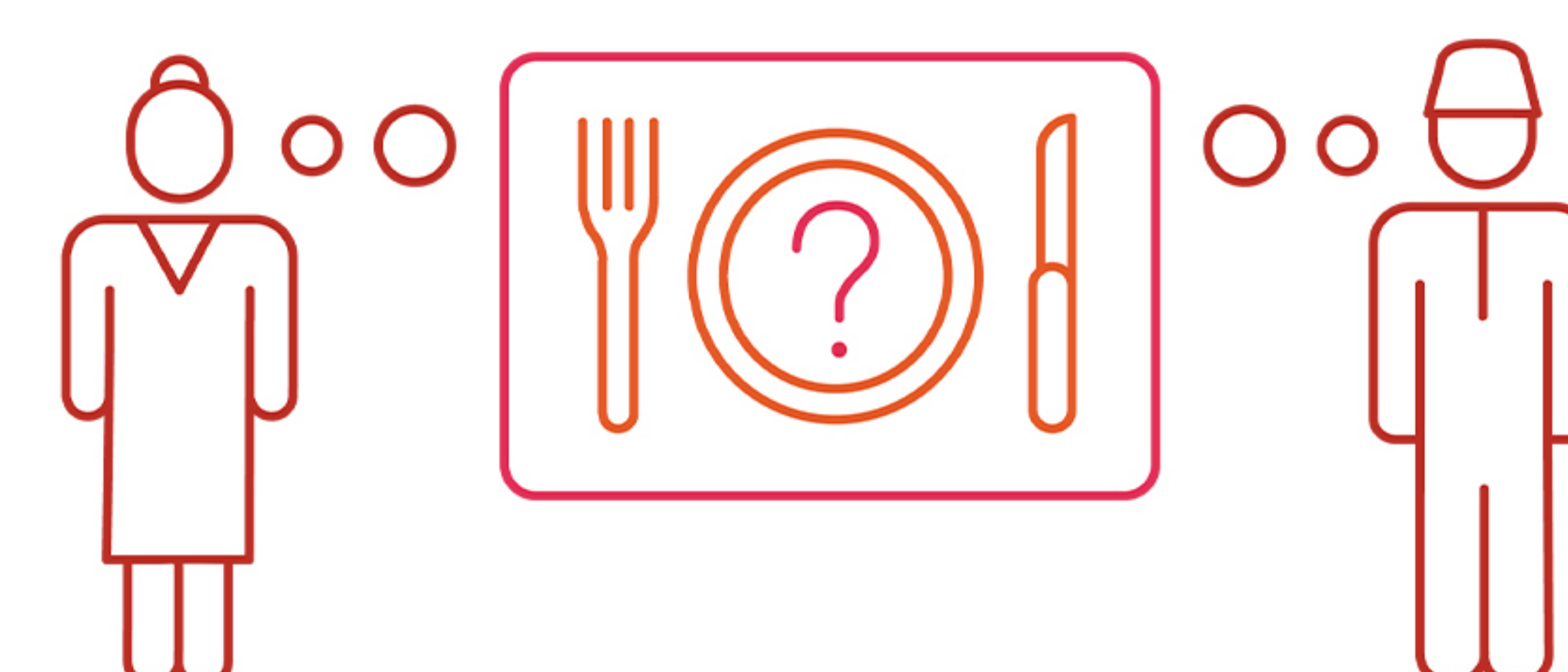
3. Include older people

Prioritise participatory methods in programme planning, involving older people in all stages to voice their needs and identify their capacities. Ensure awareness of their rights and entitlements and facilitate their feedback on support provided.



4. Support locally-led approaches

Involve local communities and consult and work with local and national organisations, including older peoples' organisations, to ensure age-inclusive and community-driven responses that are culturally sensitive and address the specific needs of the community. Remember that no one size fits all.



5. Promote accessibility

Make sure to identify physical, attitudinal and institutional barriers to access, such as transportation issues, language barriers, or lack of awareness about available support, and work to mitigate these. And ensure information is communicated via multiple mediums and a variety of accessible formats.



6. Cultivate learning & knowledge sharing

Equip cluster members with the relevant knowledge and skills necessary to effectively address the nutritional needs of older people by organising training sessions on inclusion which explore ageing and ageism in humanitarian response. Initiate discussion on age-related changes in nutritional requirements, how to identify signs of malnutrition, and what support and referrals are required.

Here are some training sessions that provide a good starting point:

- **Understanding Older People and Their Needs in a Humanitarian Context**
- **Helping Older People in Emergencies – HOPE**
- **Age Inclusive Humanitarian Interventions -AIHI**
- **Comprehensive Accessible Humanitarian Assistance for Older People and People with Disabilities**
- **Introduction to Disability-Inclusive Humanitarian Action**