Volunteer Meal Assistance Program (VMAP)

Winner of the 2012 Minister for Health Volunteer Award for ‘Outstanding Team Achievement’, the Western Health VMAP is widely recognised and respected as an invaluable collaboration between our Health Professional staff and skilled volunteers.

VMAP volunteers receive comprehensive training and supervision from:

- Nutrition
- Speech Pathology
- Occupational Therapy, and
- Nursing staff

With your consent, our VMAP volunteers are available each lunchtime to provide you with one on one support and practical assistance.

Volunteering at Western Health

The Western Health Volunteer Program proudly supports patients, staff, and visitors to our Hospitals and Aged Care facility.

For further information, or to enquire about joining our volunteer team, please contact:

- Michael Burns —
  Team Leader Volunteer Program
  Ph: 8345 1059
  Email: michael.burns@wh.org.au

Volunteer Meal Assistance Program (VMAP)

http://www.wh.org.au
EATING WELL IN HOSPITAL

Sometimes as a hospital patient you

- May not feel like eating
- May not be used to hospital food
- May have trouble opening the packages that the food comes in
- May have problems cutting food up
- May find it difficult to manage cutlery
- May not drink as much as you should

WHY IS EATING WELL IN HOSPITAL IMPORTANT?

Eating well when you are in hospital can

- Stop you from losing too much weight and becoming undernourished
- Help you recover from your illness more quickly
- Allow you to go home sooner

Would you like assistance with managing at meal times?

Please don’t hesitate to let nursing staff know if you require assistance with

- Filling in your menu
- Ensuring your food tray is within reach
- Opening food containers
- Cutting up your food
- Sitting you upright at meals
- Feeding yourself

Family members may also like to come in to help you with managing at meal times.

WHAT OTHER ASSISTANCE IS AVAILABLE?

The Volunteer Meal Assistance Program (VMAP) is another option to consider if you are having difficulties at meal-time.

VMAP volunteers are specially trained and skilled in supporting patients to have an enjoyable meal time. They know that eating well is very important for your recovery.

The volunteers work closely with your health care team to ensure that your specific meal assistance requirements are met.