


Ngaire Hobbins APD

Specialist Consultant - Dietitian, Aged Care Compliance and Quality Assurance

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Qualifications

1981

Diploma Nutrition and Dietetics,
University of Sydney

1979

Bachelor of Science, University
of New England

Ngairé Hobbins is an Accredited Practising Dietitian (APD) and author with 4 decades of experience in clinical and community nutrition and nutrition communications, the past 20 years of which have been in the aged care industry.

Ngairé is highly experienced in helping aged care organisation minimise clinical risk associated with inadequate nutrition in aged care. She is skilled in providing comprehensive systems, process and policy analysis with menu review. She identifies opportunities to finesse systems and processes and to draw individuals within organisations providing food and care into an overall strategy that maximises both nutrition and enjoyment of meals and reduces extremely costly food and nutritional waste.

Ngairé is a skilled, flexible communicator and employs a collaborative approach to achieve the best possible outcomes for clients, patients and organisations alike.

She has been part of a number of expert groups advising on development of health policy and/or therapeutic guidelines and is currently a member of the Expert Advisory Group on Nutrition and Food to the Aged Care Quality and Safety Commission.

For a full list, please visit us on LinkedIn



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Experience

2024 - Current

Specialist Consultant, Anchor Excellence

Bespoke aged care management consulting. Administrator / Advisor services. Innovation and transformation. Executive coaching and speaking services. Our legacy is to improve your capability.

2012 - Current

Sole practitioner, Consultant Dietitian in Aged Care

Provision of clinical dietetic services to community and residential aged care organisations and the consumers they support. Assessment of the adequacy of menus and food provision systems and process to support the nutrition, wellbeing and quality of life for consumers in aged care. Where necessary, providing support and guidance to organisations in the implementation of systems and processes to not only produce nutritionally adequate food, but to ensure the correct food gets to the correct individual at the correct temperature and that the meal experience promote maximum nutrition and quality of life benefit.

2014 - 2020

Author - Nutrition and dementia risk reduction for older adults, publication of 4 books

2014: Released Eat To Cheat Ageing, a vital resource and platform for communicating the unique nutrition needs of older adults in everyday language (also published in Complex Chinese language in Taiwan 2018.)

2016: Released Eat To Cheat Dementia, communicating research understandings about nutrition, brain health and dementia and filling a gap as nutrition is frequently overlooked in education initiatives and in care of people living with dementia.

2017: Better Brain Food published by Murdoch Books in UK and Aust. Combining evidence- based information on dementia risk reduction - including nutrition - for all people, with beautiful, easy to execute recipes (Czech publication 2018, US publication 2019.)

2020: Brain Body Food released. This guide to thriving into later life and reducing dementia risk replaces the first 2 books while updating and significantly expanding their content.

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Professional Recognition & Memberships

Association

Australian Association of Gerontology: Chair of Tasmanian Branch since 2019-2024, 2024 National Conference Committee.

Association

Aged Care Working Party, Dietitians Association of Australia, since early 2019

Association

COTA Tasmania Policy Council 2017 to 2020

Association

International Council on Active Ageing member and invited conference speaker 2020

Association

INNOVAGING Collaboration Foundation Member 2018

Association

Dementia Friendly Tasmania Committee 2015 - 2018