

RFO dietitians



INFORMATION FOR SUPPORT WORKERS

Why are some NDIS participants being offered an appointment with an accredited practising dietitian (APD)?

RFO is supporting NDIS participants to gain the best possible supports for their health and wellbeing. One way they are doing this is by involving APDs.

- APDs can provide nutrition assessments for people with mental health challenges or complex health needs
- APDs can support people to set their own health goals and make health-behaviour changes that are important to them
- APDs can provide evidence of clients' health goals, suitable nutrition interventions and the benefit of providing support to achieve good nutrition

What are the benefits of an assessment or intervention by an APD?

Eating well is not just about nutrition. It is also about how eating makes people feel and connect with others.

- APDs can help people to have a better relationship with food and their body
- APDs can help people eat well within a budget
- Everyone is different when it comes to food and eating. APDs work with NDIS participants to make individual nutrition plans that suit their needs

What does an Accredited Practising Dietitian do?

- APDs work with NDIS participants to develop individual nutrition plans that can address nutritional deficiencies, delay onset or progress of diet-related chronic disease and relieve food-related symptoms.
- APDs can assist NDIS participants in many more ways - these are listed on the next page.

CONDITIONS/SITUATIONS ACCREDITED PRACTISING DIETITIANS CAN HELP

REDUCING THE RISK OF CHRONIC DISEASE	MANAGING CHRONIC DISEASE	REGULATING BLOOD GLUCOSE LEVELS	EATING DISORDERS
ALLERGIES, COELIAC DISEASE AND FOOD INTOLERANCES	GASTRO-OESOPHAGEAL REFLUX DISEASE (GORD)	IRRITABLE BOWEL SYNDROME	INFLAMMATORY BOWEL DISEASE
WEIGHT CONCERN	CONSTIPATION	HYPERTENSION	ANAEMIA
OSTEOPOROSIS/ LOW BONE DENSITY	HUNGER AND APPETITE	HYPERLIPIDAEMIA	SIDE EFFECTS FROM MEDICATIONS



INFORMATION FOR NDIS PARTICIPANTS

What does an Accredited Practising Dietitian (APD) do?

Dietetics is not just about nutrition. It is about eating well and enjoying the food you eat.

An APD can help people with mental health challenges to have a better relationship with food and their body. APDs provide nutrition assessments and interventions to people with mental health challenges or complex health needs. They also help people to set their own health goals and engage in self-care.

Will my plan enable me to access dietitian services?

If you have improved health and wellbeing funding in your NDIS plan please contact us to discuss this further.

What should I expect from my appointment?

When you first meet with an APD expect that they will be friendly, non-judgemental and focused on you. They will ask you (and sometimes your carers) questions about your health, the foods you eat now and the foods you like to eat. They may also ask you if you have any barriers to accessing food. An APD will then support you to make a nutrition plan based on the health goals important to you.

WAYS ACCREDITED PRACTISING DIETITIANS CAN HELP YOU					
EATING ON A BUDGET	SHOPPING AND COOKING	UNDERSTANDING HUNGER AND APPETITE	MINDFUL EATING	EATING CONCERNS	NUTRITION FOR MENTAL HEALTH
SIDE EFFECTS FROM MEDICATIONS	NUTRIENT DEFICIENCIES	ALLERGIES, COELIAC DISEASE AND FOOD INTOLERANCES	MANAGING DIABETES	MANAGING REFLUX	MANAGING IRRITABLE BOWEL SYNDROME

CONTACT

T: 07 3363 2555

E: dietitians@rfq.com.au

www.rfq.com.au

