

## Why are some NDIS participants being offered an appointment with an Accredited Practising Dietitian (APD)?

RFQ 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 Accredited Practising Dietitian?

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. ADPs 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 OR SITUATIONS ACCREDITED PRACTISING DIETITIANS CAN HELP

REGULATING BLOOD GLUCOSE LEVELS	MANAGING CHRONIC DISEASE	REDUCING THE RISK OF CHRONIC DISEASE	HYPERLIPIDAEMIA
EATING DISORDERS	GASTRO-OESOPHAGEAL REFLUX DISEASE (GORD)	ALLERGIES, COELIAC DISEASE AND FOOD INTOLERANCES	OSTEOPOROSIS/LOW BONE DENSITY
INFLAMMATORY BOWEL DISEASE	IRRITABLE BOWEL SYNDROME	WEIGHT CONCERN	HUNGER AND APPETITE
ANAEMIA	HYPERTENSION	CONSTIPATION	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 or improved daily living skills 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	NUTRITION FOR MENTAL HEALTH	MINDFUL EATING
UNDERSTANDING HUNGER AND APPETITE	ALLERGIES, COELIAC DISEASE AND FOOD INTOLERANCES	SIDE EFFECTS FROM MEDICATIONS	NUTRIENT DEFICIENCIES
EATING CONCERNS	MANAGING REFLUX	MANAGING IRRITABLE BOWEL SYNDROME	MANAGING DIABETES

## About RFQ

Richmond Fellowship Queensland (RFQ) is a well-respected not for profit company and leading provider of psychosocial mental health services, serving the Queensland community for 45 years.

Today, RFQ provides a diversity of evidence based psychosocial recovery and allied health services. From working in acute mental health wards and correctional facilities and supporting discharge and release pathways, to keeping people healthy in the community, including through therapeutic supports, RFQ's vision captures the passion and conviction of our work:

*A future recovered for people facing mental health challenges and social disadvantage.*

This statement of hope is also captured in RFQ's logo, Recovered Futures. Our RFQ community inspires and reassures people in recovery that there is hope and a future.



[www.rfq.com.au](http://www.rfq.com.au)

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*Recovered Futures – Mental Health Recovery and Wellbeing*