

NDIS DIETITIAN SERVICES

Funding Guide

Hunter Primary Care Dietitians can offer support in a number of areas such as:

- Mealtime Management Plans and Nutrition Care Plans
- Practical dietary advice and skills training
- Menu planning and recipes (including SIL)
- Shopping support and label reading
- Practical skills training i.e. simple cooking styles
- Dysphagia and texture modification
- Tube feeding
- Eating disorders/disordered eating
- Paediatric nutrition and suboptimal/poor growth
- Fussy eating and sensory aversion
- Gut health and mood stabilisation
- Chronic disease management
- Diabetes management
- Health coaching & motivational interviewing
- Health education
- Nutrition support for malnutrition, weight loss and wound healing
- Gastrointestinal issues such as constipation, diarrhoea, reflux and vomiting

We work closely with Participants and tailor Nutrition Care Plans around Participant goals.

Holistic health & wellbeing support services are provided for self-managed, plan-managed and NDIA managed plans.

How to refer

If you are an eligible Participant with an existing NDIS plan and you would like to nominate Hunter Primary Care for dietetics, contact the NDIS team on the number below or email a copy of your NDIS plan and completed referral form to NDIS@hunterprimarycare.com.au. You can also complete our online referral form.

 (02) 4925 2259

 hunterprimarycare.com.au



ASSESSMENTS, HOURS & SUPPORT ITEMS

Initial Needs Assessment (8-10 hours)

- Initial Assessment 60 – 90 minutes, may be a home visit or telehealth
- Documentation and starting-point Nutrition Care Plan
- 1 x review consult OR resource building such as Mealtime Management Plan/MMP
- Provider Support Plan / report for NDIS

Capacity Building Support - Standard (20-32 hours)

- 12 x 60 min consults (approx. monthly in-home or telehealth), skills training
- Travel (if applicable)
- Resource building - Nutrition Care Plan/MMP, recipes, menu planning, shopping lists
- Provider Support Plan/report to NDIS
- Stakeholder collaboration and training with formal and informal supports

Capacity Building Support - Complex (24-40 hours)

- 16 x 60 min consults (every 3-4 weeks in home or telehealth), skills training
- Travel (if applicable)
- Resource building - Nutrition Care Plan/MMP, recipes, menu planning, shopping lists
- Provider Support Plan / report to NDIS
- Stakeholder collaboration and training with formal and informal supports



ASSESSMENTS, HOURS & SUPPORT ITEMS

Mealtime Management (8-12 hours)

- Initial Assessment 60 – 90 minutes, may be a home visit or telehealth
- Travel (if applicable) and documentation
- 1 x Mealtime Management Plan/MMP
- 1 x Nutrition Education Session at stakeholders team meeting for optimal MMP implementation, Q&A, trouble shooting and skills support
- Provider Support Plan /report for NDIS

Specialised SIL Support (12 hours)

- Initial Assessment 60 – 90 minutes, home visit (travel and documentation)
- 1 x Nutrition Care Plan or Mealtime Management Plan/ MMP
- 1 x Nutrition Education Session at stakeholders team meeting for optimal MMP implementation, Q&A, trouble shooting and skills support
- 1 x review at SIL including formal supports skills training (90-120 mins)
- Provider Support Plan /report for NDIS

In Home Cooking Program “Healthy for you and your wallet” (12-14 hours)

- 1 x Initial Assessment, may be a home visit or telehealth
- Travel and documentation
- 6 x in-home practical skills building cooking sessions (Mediterranean Diet; Healthy eating on a budget; Cooking healthier with cheap appliances; fad diets and food myths debunked; food safety; supermarket tour.)
- Access to all program resources and all recipes



ASSESSMENTS, HOURS & SUPPORT ITEMS

Paediatric, Growth Monitoring (20 – 32 hours)

- 12 x 60 minute consults (approx. monthly in home or telehealth)
- Travel (if applicable)
- Resource building such as Nutrition Care Plan/MMP, recipes, family menu, planning, shopping tours
- Provider Support Plan/report to NDIS
- Stakeholder collaboration and skills training with formal & informal supports

Paediatric Feeding Support - complex (34 – 60 hours)

- 16 x 60 minute consults (approx. monthly in home or telehealth)
- Travel (if applicable)
- Resource building such as Nutrition Care Plan /MMP, recipes, family menu, planning, shopping tours
- Provider Support Plan /report to NDIS
- Stakeholder collaboration and skills training with formal & informal supports

Weight Monitoring

- Wheelchair scales are available in the office and also in a portable option. We can come to you for accurate weight monitoring. Enquire today.



MEET OUR DIETITIANS



Alice Carr

Accredited Practising Dietitian
Credentialed Eating Disorder Clinician

Alice says,

"I absolutely love being a Dietitian because it gives me the opportunity to connect with people from all walks of life. Working with individuals from diverse backgrounds and experiences allows me to learn just as much from my clients as they do from me! It's incredibly enriching to gain insights into various cultures and unique approaches to life through my interactions with my clients. Every day being a Dietitian is exciting and reinforces my passion for helping others achieve their health and nutrition goals."



Gareth Salkield

Accredited Practising Dietitian
Credentialed Diabetes Educator

Gareth enjoys providing guidance on how to turn people's knowledge into real world achievable actions, such as capacity building support around cooking and improved takeaway choices. Gareth ensures Participant autonomy is respected and nutrition goals generated are client-centered. Gareth has undertaken specialised training in NARM, Neuro Affective Relational Model, which means Gareth has a unique understanding of complex developmental trauma and adaptive survival styles and how they impact adult life. Gareth's nutrition and dietetic support aligns to a NARM model that supports post-traumatic growth and the focus is on achieving real change.



Vanessa Hamilton

Accredited Practising Dietitian
Specialised Paediatric Dietitian

Vanessa utilises a person-centred approach in supporting clients with cognitive, physical, sensory, neurological and intellectual limitations. Vanessa has experience working with children with complex food histories and enjoys supporting people to increase food variety, assist with childhood growth concerns, address allergies or intolerances, manage gastrointestinal issues and improve overall health outcomes. Vanessa says, "I love being able to support my Participants with their short and long-term goals and to be able to build skills with my clients on cooking, budgeting, shopping and healthy eating."

All therapists are registered with corresponding professional body and complete ongoing Continuing Professional Development in accordance with accreditation requirements.



DIETITIAN SUPPORT ITEMS

Capacity Building - Improved Daily Living

Assessment, recommendation or therapy or training

Capacity Building - Improved Health and Wellbeing

Advice provided on managing diet for health and wellbeing

Core - Assistance with Daily Life

Assessment, recommendation or therapy or training

