

What does the Dietitian do?

To help improve a person's nutrition and health the dietitian can:

- Conduct a formal nutrition assessment.
- Provide nutrition information.
- Develop and deliver Medical Nutrition Therapy.
- Counsel and educate carers on dietary recommendations.
- Provide tips on food safety at home.
- Provide tips for meeting nutritional needs on a budget.
- Liaise with other community services.

*COAST NUTRITION IS A FULLY
FUNDED SERVICE PROVIDED AT
NO COST TO YOU*



Central Coast
PRIMARYCARE
Better Health - Better Life

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COAST NUTRITION



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COAST NUTRITION

What is Coast Nutrition?

Coast Nutrition is a dietitian service that improves the nutrition and health of frail aged people, or young people living with a disability.

Coast Nutrition assists people to continue to live in their own home safely, comfortably, and as independently as possible by providing nutrition advice and support.

The dietitian can visit you in your home or in the community.

Who can benefit?

Have you experienced:

- Poor appetite for more than 2 weeks
- Weight loss without wanting to in the last 6 months
- Wounds or sores that won't heal
- Teeth, mouth or swallowing problems that make eating difficult.
- Trouble shopping, preparing food, cooking or feeding yourself

you could benefit from Coast Nutrition.

Who is eligible?

- Do you live on the Central Coast?
- Are you aged 65 years and over or an Indigenous person aged 50 years and over?
- Do you need some help to perform basic daily living tasks?

*IF YOU ANSWERED YES TO ALL OF THE
QUESTIONS, YOU COULD BE ELIGIBLE
FOR COAST NUTRITION..*

How to access?

Your GP can refer you to this program, or you can self-refer by visiting:

www.myagedcare.gov.au/make-a-referral

Once a referral has been assessed for eligibility, it will be sent to Coast Nutrition and one of our team will call you to make an appointment.

People with a disability can contact the Central Coast Community Pathways Team on 1300 106 096.

