

HOW TO ACCESS


1. You can self-refer by calling My Aged Care Contact Centre on 1800 200 422
2. Your GP can refer you by completing the online referral form at www.myagedcare.gov.au/referral
3. You may be referred by your hospital dietitian upon discharge. If your hospital dietitian refers you and if you have not heard from the My Aged Care Assessment Team within 10-14 days, please call the My Aged Care Contact Centre on 1800 200 422 ask for your referral to Coast Nutrition to be activated.


Once the referral has been assessed for eligibility, one of our accredited Dietitians will contact you.

Please note referrals can take up to three weeks to be processed by the My Aged Care Assessment Team.



CONTACT US IF YOU HAVE FURTHER QUESTIONS

 H/O is located at
167B The Entrance Road,
Erina NSW 2250

 02 4365 2294

 ccpc@ccpc.com.au

 [ccprimarycare](https://www.facebook.com/ccprimarycare)

 www.ccpc.com.au



CCPC acknowledges
Traditional Land
Owners



All welcome here



COAST NUTRITION



Coast & Country
PRIMARYCARE
Better Health - Better Life

COAST NUTRITION

What is Coast Nutrition?

Coast Nutrition is a dietetics service that improves the nutrition and health of frail aged people, under the Commonwealth Home Support Program.

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?

Anyone experiencing the following:

- Poor appetite for more than 2 weeks
- Sudden changes to your weight
- Wounds or sores that won't heal
- Teeth, mouth or swallowing problems that make eating difficult
- Trouble shopping, preparing food, cooking or feeding yourself

What does the Dietitian do?

- 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 health and community services

Who is eligible?

Anyone aged 65 years and over or an Indigenous person aged 50 years and over, who does not already have access to a funded Home Care Package.

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

