



COAST NUTRITION

Improving the nutrition and health of aged people

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



Not for profit



Local organisation



Highly experienced

- ✓ Formal health assessment
- ✓ Provide nutrition information
- ✓ Develop and deliver Medical Nutrition Therapy
- ✓ Counsel and educate carers on dietary recommendations
- ✓ Food safety tips
- ✓ Budgeting, grocery shopping & cooking
- ✓ Liaise with other health and community services



Where is the program delivered?

Within your home or the community



Coast & Country
PRIMARYCARE

**Enrol in Coast Nutrition
via QR Code**
or call 1800 200 422





COAST NUTRITION FREE PROGRAM

Coast & Country Primary Care is a not-for-profit organisation dedicated to tackling the intricate cultural, environmental, economic, and social challenges associated with inadequate nutrition.

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

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 and ask for your referral to Coast Nutrition to be activated.

Once the referral has been assessed for eligibility, we will contact you. Please note: referrals can take up to three weeks to be processed by the My Aged Care Assessment Team.



Our Dietitian – Katie Rae

Katie is an Accredited Practising Dietitian for Coast & Country Primary Care and is responsible for the Coast Nutrition program. Having established the dietetic departments of two large local Allied Health organisations, she has extensive experience in providing community-based dietetic services.

For enquiries



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