

Dietetics

Blue Care is uniquely positioned as one of Australia's leading residential aged care, community care and retirement living providers. We are founded on a compassionate approach to care and our reputation is built on our highly experienced team who work in more than 260 centres, in 80 communities across Queensland and northern New South Wales.

Blue Care's Allied Health service is made up of a multidisciplinary group of healthcare professionals, including Dietetics, who provide comprehensive assessment, diagnosis, treatment and advisory services to clients.

Dietitians educate and assist clients with planning and preparing appropriate food choices for different health conditions.

Our experienced Dietitians aim to empower clients and carers to manage individual nutritional needs and live a healthy lifestyle.

Depending on your individual nutritional needs, our Dietitians can provide support with the following:

- Educating and diet planning for body weight changes (loss or gain)
- Providing advice on the symptoms and management of malnutrition through nutritional supplements
- Providing advice on improving food consumption
- Educating on the management of chronic conditions such as diabetes
- Advising on gastrointestinal issues such as reflux, diarrhoea, constipation, coeliac disease and irritable bowel syndrome
- Assisting clients with food intolerances and allergies to plan appropriate food choices
- Assisting with planning for tube feeding
- Supporting clients with dietary planning for texture modification and thickened fluids (after speech pathology assessments)
- Assisting with managing loss of appetite, poor intake, nausea and vomiting.

Blue Care's Dietitians host sessions and group programs to support clients and their carers with information about nutritional planning and appropriate food preparation and storage.

Referrals to Blue Care's Dietetics services may come from the client, carer, health professional, family member or friend.

For further information on the availability of Dietetics services in your area please contact us. Our friendly team can talk to you about your specific needs and develop an individual program of care.

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