

## DIETITIAN SERVICES



### What sets us apart?

Last year, Focus ACT began providing dietitian services for NDIS participants, and we are excited to announce that we are now expanding our services for CDM or private-fee paying patients in the Canberra region. While we do specialise in servicing the disability sector, our dietitian works with individuals of all abilities and in all life stages.

Our Accredited Practising Dietitian, Shannon Butler, holds a Bachelor of Human Nutrition from Brigham Young University and a Master of Nutrition and Dietetics from the University of Canberra. She understands the complexity involved in making sustainable dietary changes, and practices in a manner that empowers the patient to take charge of their nutritional health. Shannon has a particular interest in the role of nutrition in neurological and mental health conditions. She also enjoys working with young families, and undertook professional placement with ACT Health's Women Youth and Children Nutrition Service to expand on these skills.

Providing effective nutrition services to people with complex health, communication, social, and environmental circumstances is what sets Focus apart. We are proudly dedicated to supporting those in our community to lead long, healthy lives.

### Fee Schedule

Focus ACT provides services through the NDIS, Medicare, Department of Veteran Affairs, and most major health funds.

Initial assessment (60 minutes): \$130  
\$77.05 gap fee for CDM patients

Review assessment (30 minutes): \$70  
\$17.05 gap fee for CDM patients

Extended review (45 minutes): \$100  
\$47.05 gap fee for CDM patients

Mobile Service fee: \$10 per appointment

## Service Menu

### Dietary Advice and Counselling

We provide advice on a range of health topics and conditions, such as weight management, chronic-disease management, and food-related knowledge and skills.

### Nutrition Care Plans

Patients who live in supported group-homes can have dozens of people involved in their ongoing care, and due to high staff turnover in the disability and aged-care sectors, it is easy for nutrition advice to become lost and forgotten. A nutrition care plan outlines key points about the patient's nutrition needs and provides portion suggestions for meals and snacks. These plans promote consistency between those involved in a patient's daily support.

### Mealtime Management Plan

Dietitian input within a multidisciplinary team where a person requires higher level of support during mealtimes, such as nutritional adequacy on a texture-modified diet.

### Meal Planning Frameworks and Recipe Reviews (for group-based living)

Assistance to implement a meal planning framework that promotes the patient's choice, control and independence, while still enabling them to meet their individual nutrition needs.

### Shopping & Cooking Skills

Customized program designed to align with nutrition needs and preferences by addressing nutrition concerns, such as inadequate intake of a specific food group or nutrient. Cooking skills programs are designed to allow the patient and their support staff (if applicable) to continue practicing these skills between Dietitian appointments.

### Workshops/Group-Based Skills Development for Disability Support Providers

Sessions on variety of topics, such as general nutrition, nutrition in dementia, healthy shopping, and food safety.

### NDIS Access and Nutrition Support Assessor

We can help take the stress out of NDIS planning by providing comprehensive assessment and progress reports which provide reasonable justification for the provision of funding for disability support services, including nutrition services where appropriate. We also provide assessment and ongoing support/adjustment for a person requiring Nutrition Support (previously known as Home Enteral Nutrition, or HEN).

### Mobile services available

Appointments are available at our ground-floor clinic in Deakin, ACT, or we can come to you. For an NDIS participant, travel fees can be included within the plan. For all other patients, a \$10 fee applies for mobile services.

- Northside ACT consults on Monday & Wednesdays
- Southside ACT consults on Thursdays
- Regional consults by negotiation

