



DIETETICS

At Empower, our clinicians assist clients to optimise their nutrition and improve health outcomes and quality of life.

We offer individualised assessments and personalised care plans to manage nutrition at different stages of life.

Our Dietetics team is skilled in providing advice for managing nutrient deficiencies, food intolerances, cardiovascular health, diabetes, poor appetite, dysphagia, weight loss and so much more.

Empower take a motivational interviewing approach, to provide nutrition counselling and education for the management of chronic health conditions. We provide personalised advice that empowers your clients to meet their health goals.



Empower supports your clients with a range of Dietetic services including:

- Nutrition assessments
- Condition specific nutrition therapy
- Personalised nutrition plans
- Diabetes dietary management
- Weight loss management
- Malnutrition and poor appetite management
- Heart disease, high cholesterol and blood pressure dietary control and management
- Gastrointestinal health issues
- Liver disease, cirrhosis and diet
- Kidney disease and renal diet
- Enteral feed regime
- Eating disorders
 - Fussy Eating
 - Food Intolerances

Support can be 'in-person' or via Telehealth

Start now with our easy online referral form
empowerhealthcare.com.au/referral-form/

DIETETICS SERVICES GUIDE

WHAT SERVICES CAN OUR DIETITIANS HELP YOU WITH?

Starting with an initial assessment, our Dietitians develop a nutrition consult plan to specify the best way to meet your client's health outcomes.



INITIAL NUTRITION ASSESSMENT

- Collect health information, establish health and nutrition priorities and goal setting.
- Nutrition education



REVIEW & ASSESSMENT

- Monitor progress
- Personalised nutrition education
- Modify dietary behaviours



PERSONALISED MEAL PLAN

- Assess client's specific nutrient needs
- Health information and nutrient guidelines
- Meal plan and recipes specific to client's food preferences and needs



COOKING SESSIONS

- Assisted cooking and meal prepping
- Demonstrations and how-to's:
 - ~ fortify meals for high energy and high protein
 - ~ meet textural requirements for dysphagia

Talk over your dietetics needs today on **1300 043 578**
Start now with our quick and easy online referral form

empower.

WE CHANGE LIVES

Victoria
New South Wales
Queensland
Western Australia

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www.empowerhealthcare.com.au