



Providing Health & Wellbeing Solutions

## DIETETICS SERVICES



Dietetics Services for Children, Adolescents and Adults



## What is a Dietitian?

Dietitians are university qualified and have skills to provide expert nutrition advice to groups and individuals.



At Amity Health, our Dietitians will assess your current level of nutrition and give you information and advice on how to improve your health and wellbeing, as well as manage any health conditions that you may have.

Dietitians do not set out to put people on a 'diet'. Our Dietitians will work with you to construct an eating plan that suits your lifestyle, food preferences and individual health needs.

## Dietetic Services at Amity Health

### Dietetic Services for Adults

Our Dietitians offer dietary advice to help individuals to manage many health conditions including but not limited to:

- aged care
- allergies
- bariatric surgery
- cancer
- coeliac disease
- Crohn's disease
- diabetes
- eating disorders
- food intolerances
- heart disease
- high blood pressure
- high cholesterol
- impaired glucose intolerance or impaired fasting glucose
- irritable bowel syndrome
- kidney disease
- pre and perimenopause
- weight management

### Group Support

Amity Health is a DESMOND & SMART's (Diabetes WA) workshop provider.

Our Dietitians can also run nutrition education workshops to groups and individuals.



Providing Health & Wellbeing Solutions

## Contact Us:

Our friendly team would be happy to assist with your enquiries.

We can be reached by:

t: (08) 9842 2797

e: [query@amityhealth.com.au](mailto:query@amityhealth.com.au)

Or you may like to visit our website at:  
[www.amityhealth.com.au](http://www.amityhealth.com.au)

Amity Health is located at:  
136 Lockyer Avenue  
Albany Western Australia 6330



Amity Health is a registered NDIS provider.



## Referral Options:

To access our Dietetic services you can:

- self-refer by contacting our team directly or,
- see your GP for a referral

## Management Plans:

- If you are eligible for a care plan and your GP decides that you would benefit from seeing a Dietitian, you may be allocated up to five visits that will be partially covered through Medicare
- If your GP has referred you to the Integrated Chronic Disease Care funded program, you can access dietetics sessions with no cost
- If you have an NDIS plan, Amity Health is a registered NDIS provider

Note: Private Health Insurance will cover your Dietetics appointments depending on the level of your cover.

## Dietetic Services for Children & Teens

If you have concerns about your child's diet and eating habits, our Dietitians can help you and your child or teenager in the areas of:

- allergies
- coeliac disease
- constipation, diarrhoea & reflux
- diabetes
- eating disorders
- food intolerances
- fussy eating
- impaired glucose intolerance
- inflammatory bowel disease
- irritable bowel syndrome including FODMAP
- undernutrition
- weight management and more.

Our Dietitians can provide general nutrition advice for all ages including infants, children and teens.

