

Community nutrition and dietetic support

Dietitians help to treat a range of health conditions. They provide personalised nutrition and dietary advice to help improve your health and wellbeing.

This information sheet provides general information on accessing dietetic support in the community.

Privately funded

You do not require a referral from your GP to book an appointment with a dietitian.

If you have private health insurance, check with your health fund to see if you are covered.

You can use this link to find a dietitian near you:

<https://member.dietitiansaustralia.org.au/faapd>

Government funded or subsidised

Adults of all ages

Chronic Disease Management Plan and Team Care Arrangements

If you have a chronic medical condition your GP may recommend support from other health professionals. They can prepare a Chronic Disease Management Plan and Team Care Arrangements.

Your GP will recommend at least two other health care providers. If this includes seeing a dietitian, you may be eligible for Medicare rebates for a maximum of five (5) services per year.

For more information, talk to your GP.

National Disability Insurance Scheme (NDIS)

NDIS clients who need help with nutrition because of their disability may be able to access funding for dietetic services.

Talk to your support coordinator or visit the website for more information.

Website: <https://ourguidelines.ndis.gov.au/supports-you-can-access-menu/nutrition-supports-including-meal-preparation/what-types-nutrition-supports-do-we-fund>



Government
of South Australia

Health
Central Adelaide
Local Health Network

Older adults (65 years or older)*

Home Care Package (HCP)

If you have a Home Care Package you may be able to access subsidised support to see a dietitian.

This will depend on the level of cover and current funding arrangements.

To learn more about your options, talk to your Home Care Package coordinator.

For more information on Home Care Packages:

Website: <https://www.myagedcare.gov.au/>

Phone: 1800 200 422

Commonwealth Home Support Programme (CHSP)

The Commonwealth Home Support Program (CHSP) helps older Australians access entry-level support services, including Allied Health and Therapy Services.

If you meet the eligibility, you may be able to get subsidised support to see a dietitian.

To organise a My Aged Care Assessment:

Website: <https://www.myagedcare.gov.au/help-at-home/commonwealth-home-support-programme>

Phone: 1800 200 422

Department for Veterans' Affairs (DVA)

You may be able to receive dietetic services if you have an assessed need and a:

- Veteran Gold Card; or
- Veteran White Card **and** your treatment is for an accepted service-related condition

To get support from DVA to see a dietitian, you will need a referral from your GP or medical specialist.

Before making an appointment, confirm that the dietitian will accept your Veteran Card.

For more information: <https://www.dva.gov.au/get-support/health-support/health-services/dietetic-services>

*My Aged Care Eligibility

- 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people), or
- 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people), on a low income and homeless, or at risk of being homeless.
- <https://www.myagedcare.gov.au/eligibility-checker>



www.ausgoal.gov.au/creative-commons

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