

Conditions caused or affected by diet

Developmental

- Learning (Intellectual) Disability
- Developmental Delay
- Chromosomal Disorders
 - eg Down Syndrome
- Autism
- Cerebral Palsy

Health and wellbeing

- Obesity
- Malnutrition (underweight)
- Dehydration
- High cholesterol (Hyperlipidaemia)
- Diabetes
- Food allergies and intolerances eg Crohn's and Coeliac Disease
- Dysphagia (difficulty eating and drinking)
- Brittle bones (osteoporosis)
- Pressure areas eg bed sores
- Heart attack
- Asthma
- Emphysema
- Bronchitis
- Anxiety and stress
- Terminal care
- Gastrointestinal (stomach) discomfort

Neurological

- Stroke (CVA)
- Parkinson's
- Multiple Sclerosis (MS)
- Dementia
- Motor Neurone Disease
- Huntington's
- Muscular Dystrophy
- Brain/head injury

Therapy Professionals Dietitians

Our therapists work with the elderly, adults and children who have a disability, injury or illness. Their special interests are learning (intellectual) and/or physical disabilities.

We work closely with:

- families/whanau
- caregivers
- our team of Physio, Speech Language, Music and Occupational Therapists
- other professionals
- workplaces, employers and schools

We support organisations by providing:

- Dietitians on contract
- documentation systems
- staff training eg healthy eating
- assistance to develop dietary and nutrition policies and procedures
- menu planning and review
- menu audits

*Allied Health Sector Standards (NZS8175)
certification in progress*

We can help.

Contact us now
03 377 5280

We come to you.



**Physio, Speech Language, Music,
Occupational Therapists
and Dietitians**

**Having trouble with
your diet and health?**

Dietetics

**You don't have to struggle alone.
We can help.
We come to you.**

Therapy Professionals Ltd

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Dietitians

- help you maintain and improve your health and wellbeing, and prevent illness through good nutrition.
- understand the relationship between ageing, disability, injury or illness, and your nutrition.

Our Dietitians are:

- registered under an Act of Parliament
- educated, knowledgeable and have the skills to help you.
- up to date with latest trends and research
- able to prescribe:
 - nutrition supplements
 - tube feed formulas
 - vitamin and mineral supplements
- skilled in working with children, adults and older people

They follow a Code of Ethics.

For more information on Dietetics

<http://www.dietitians.org.nz>
<http://www.dietitiansboard.org.nz>

Having problems with?

- unplanned weight loss or gain
- a restricted diet eg gluten free, vegetarian, dairy free
- high cholesterol
- heart burn (reflux)
- high or low blood sugars
- stomach cramps, bloating, nausea or vomiting
- loose bowel motions
- constipation
- wounds that won't heal
- brittle bones (osteoporosis)
- dry mouth
- tube feeding
- fatigue, low energy, dietary deficiencies



Therapy wherever you live, work, play, or learn

We can help

Our Dietitians will give practical solutions for:

- maintaining health
- balanced diet
- personalised meal planning and cooking
- grocery shopping
- reading nutritional labels
- keeping food safe to eat (food hygiene)
- portion size
- fluid intake
- healthy eating on a budget
- nutrition supplement use
- reducing the risk of chronic disease eg diabetes, heart disease

With you, and those supporting you, they will:

- tailor a plan for you and help you put it into action
- review plan if required
- recommend supplements, equipment and funding