



Therapy Professionals Ltd Newsletter

March 2017

International Dietetics Day - 8 March

Dietitians help you to improve your health and wellbeing and prevent illness through good nutrition. They can translate scientific information about nutrition into practical dietary advice and tailor an eating plan based on your individual factors (age, medical history etc).

Dietitians can help with a range of health problems and chronic diseases such as:

- unplanned weight loss or gain
- a restricted diet eg gluten free
- high cholesterol
- heart burn
- allergies/intolerances
- diabetes
- high blood pressure
- loose bowel motions
- constipation
- wounds that won't heal
- easily broken bones
- dry mouth



They will recommend practical solutions for:

- maintaining health
- balanced nutrition
- personalised meal planning and preparation
- grocery shopping
- reading nutritional labels
- good food hygiene
- portion size
- fluid intake
- healthy eating on a budget
- reducing the risk of chronic disease eg diabetes and heart disease

What's the difference between a Dietitian and Nutritionist?

Dietitians are registered under an Act of Parliament. They meet standards required by the NZ Dietitians Board.

Dietitians have a science degree in Human Nutrition as well as a Postgraduate Diploma or Masters in Dietetics. By law, to practice, a Dietitian must hold a NZ current practicing certificate, participate in a continuing competency programme and adhere to a code of ethics.

Dietitians are able to prescribe nutritional supplements and vitamin and mineral supplements.

Nutritionists: The term nutritionist is not protected and can therefore be used by anyone regardless of qualifications. Nutritionists that meet set criteria are able to become registered Nutritionists with the Nutrition Society of New Zealand.

Therapy Professionals has a Dietetic Service, so if you need help, just call us we come to you.

Phone: 377 5280
Email: therapyprofessionals@clear.net.nz
Website: www.therapyprofessionals.co.nz



Staff Profile - Helen Gunn, Dietitian

Helen has been a Dietitian since 2001. She has a Bachelor of Science - Human Nutrition and a Postgraduate Diploma in Dietetics.

Her career has included clinical work in hospitals, the community, research and education. She has worked for Therapy Professionals Ltd since 2001 working with ACC clients, and her special interests are older people, and the physically and intellectually disabled.



Helen is a valued member of our Team at Therapy Professionals Ltd,

Don't waste your money purchasing the wrong equipment



Recently we had a stall at 'Show Your Ability', Enable's equipment expo. We were the only therapy service represented which is surprising as it's generally therapists who assess the need for and advise on equipment.

To **avoid a poor purchase**, spend a little money getting a therapist to do an assessment and provide you with advice on the best options for you. Ask if you are eligible for Ministry of Health funding and if so, is it worth applying?

Services for Children who Struggle with Life and Learning

Children with major disabilities are well served by Health and Education, however many other children struggle with a range of physical, thinking or sensory problems that cause challenges for learning, social interaction and behaviour. They may:

- not be keeping up with peers
- not engaging with learning
- struggling with handwriting
- not socialising well
- behaving unusually or oddly
- behaving aggressively
- avoiding new experiences
- miserable at home and school



For many years Therapy Professionals has provided services for children with disabilities, at home and in schools.

If you recognise a child with any of these issues a Therapy Professionals therapist may be able to help, contact us today.

Services for the Intellectually and Physically Disabled

The world has opened up for those with intellectual and physical disabilities. No longer are people shut away from society with no expectations. They are in our communities and have expectations.

This doesn't mean they don't need support to learn and navigate life. Our therapists can help with a number of issues:

- communication
- eating and drinking
- mobility and fitness
- cooking, diet and nutrition
- household tasks
- hygiene and grooming
- getting out and about
- accessing hobbies and interests



Talk to a team member at the "Next Steps Transition Expo"
Riccarton High School:
Friday 21 April
11 am - 7 pm



Speech Therapy helps independence

"Rae

Thank you for putting cards together with pictures on them so Peter could purchase his lunch at McDonalds.

Peter handed over his card with a photo of a cheeseburger, no pickle; chicken nuggets and a strawberry milkshake.

The lady read the card, then read back the order to Peter confirming this is what he wanted, Peter nodded yes.

When the order was ready the lady said Peter your lunch is read.

I thought he was going to rock right out of his chair with excitement.

As Peter's support person I took a step back allowing Peter to purchase his meal on his own.

It was a fantastic experience for Peter as this is the first time Peter has been independent ordering his own meal.

*Thank you for making this happen for Peter."
Sarah (support person)*



(Names changed to protect privacy.)

The Burden of Ageing Relatives

If you **worried** about an older relative's living situation, we can help alleviate your concerns by checking how they are managing. After doing so we would either suggest residential care or improve their independence by suggesting equipment, exercise, socialising, assistance with every day tasks and adapting their environment.

For a small fee we could make a difference to the stress in your life.

Since 1985 Therapy Professionals has worked with the elderly, providing:

- services in aged care facilities and private individuals
- falls prevention
- group activities, stroke communication classes, exercise classes for arthritis and stroke and the Cantabrainers Choir
- *help keep the Cantabrainers Choir going - **give a little now***

Give a little link: givealittle.co.nz/org/cantabrainerschoir



Website Handy Hints

Our website is constantly being updated to make it a **good resource** for you. Each month we are putting 'handy hints', useful articles, audit or visual material on the site.

The following handy hints are now on the site, to access the material just copy the link

<http://www.therapyprofessionals.co.nz/handy-hints>

or go to our website and find the handy hint section on the toolbar across the top of the page.

- **Choosing a Comfy Chair**
- **Food for a healthy heart**
- **Super Food information**
- **Strong Bones Count**
- **Building or Refurbishing your facility**
- **Guide for Choosing a Bed or Mattress for your facility**
- **Getting up from the floor**
- **Understanding Music Therapy**
- **I don't want to be a bother**
- **Eating and Drinking Problems and Ageing**
- **Tying Shoelaces**
- **A child 'who is a little different'**

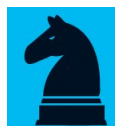


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