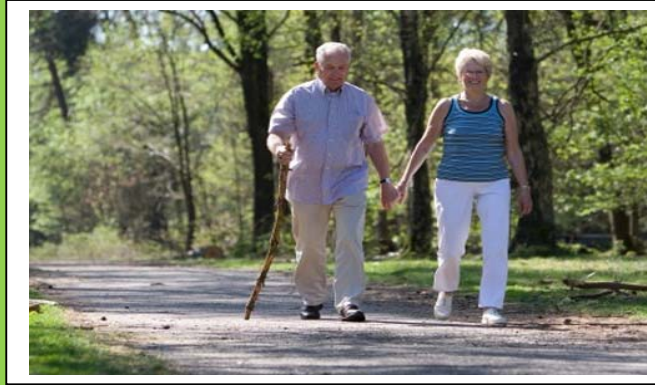


## ***SHAPE for Seniors individual or group program***



**3 – 5 sessions targeted at educating, motivating and providing the skills to help gain control of the chronic condition**

### **Eligibility criteria: Clients 60yrs and above**

- **Utilised** EPC services for other AHP such as the podiatrist, exercise physiologist, physiotherapist and more other than the dietitian.
- Group nutrition education sessions covering healthy eating and practical nutrition information.
- One on one dietary consultation with an accredited practicing dietitian to assess participant's diet and help establish a management plan.
- Malnutrition assessments with RACFs to identify residents at risk of malnutrition and in need of tailored dietary management.
- Poorly controlled chronic disease
- Poorly controlled inflammatory conditions eg arthritis, osteoporosis
- Obese category: BMI >35
- Malnourished: BMI < 19 or Unintentional weight loss >3 kilos in past 3 months
- Falls history or risk of falls, but not eligible for the *Stepping On* program
- Geriatrician referral for early frailty
- Please fill the enclosed form and fax it to 80039271. Approval will be case by case basis.

**WHERE:** Blacktown, Merrylands or Hills

**COST: Free** to the client (conditions apply – speak to Deepali for details). Limited time and limited funding

**Contact:** Deepali 0433157362