

Dietitians are tackling MALNUTRITION in the community!

Under the Commonwealth Home Support Programme (CHSP) of My Aged Care (MAC), Ballarat Health Services (BHS) are now able to provide dietetic services including home visits or outpatient sessions to eligible older people living in the community.

We provide goal orientated and person centred nutrition support plans including registering client for nutrition supplements as required, to help maximise their independence and autonomy to continue living well at home.



Home Visit*



Outpatient Clinic

Who is eligible?

- Individuals who are ≥ 65 years or ≥ 50 years and identify as an Aboriginal or Torres Strait Islander person
- Individuals under 65 years with younger onset dementia
- Currently living at home
- *Lives within Ballarat and surrounding areas
- Has My Aged Care referral including those with Home Care Packages

How to identify clients at risk of malnutrition?

Malnutrition Screening Tool is an easy tool to use – only two questions to ask. A total score of ≥ 2 indicates risk of malnutrition and this should trigger a referral to a dietitian.

Q1) Has your patient lost weight recently without trying?

No (0), Unsure (2), Yes: 1 – 5kg (1), 6 – 10kg (2), 11 – 15kg (3), >15kg (4)

Q2) Has your patient been eating poorly because of a decreased appetite?

No (0) Yes (1)

Prevention and early intervention is key as malnutrition and loss of muscles especially amongst elderly is difficult to reverse!

How to refer:

- 'Make a Referral' on MAC website <https://www.myagedcare.gov.au/referral> or contact 1800 200 422. Our service is listed as Ballarat Health Services Allied Health & Therapy
- Forward MAC referral ID code to the DOM Dietitians at Ballarat Health Services: DOMdietitians@bhs.org.au or BHS Central Intake on Tel: (03) 5320 6690 Fax: (03) 5320 3893