

Hatch Dietetics Assessment Services for NDIS Participants

Our comprehensive dietetic, transdisciplinary, tube and mealtime assessment package

We commence our service with you by undertaking a comprehensive dietary, holistic feeding and mealtime assessment with you. The purpose of doing this is to help us (and you) better understand the history and current eating and feeding situation, so that we can develop a tailored intervention plan with you. This assessment package may include the following direct and behind the scenes work to support you:

Direct nutrition and transdisciplinary eating and feeding assessments

This is a session which involves talking with you so that we can learn more about you, your goals, your strengths and any barriers and challenges that you may be experiencing in relation to food, fluid, eating, feeding and mealtimes.

We may also undertake a nutrition-focussed physical assessment. This involves taking some measurements and looking at some parts of your body (such as your muscles, nails, skin and hair). This will help us to assess your current nutritional status. If you have a feeding tube, we may look at your tube site and equipment that you use for tube feeding. This session generally takes 1.5-3 hours and may be conducted over 1 longer session or 2-3 shorter sessions.

Mealtime observation session

Depending on your goals, we may request to see you/your child eating a meal or snack. We may ask to look at what you do before, during and after a mealtime to gain an understanding of how you feel about mealtimes and different foods, your mealtime environment, where you sit for your meals, how ready you are to eat and drink at mealtimes, the skills you have to eat and drink, how much enjoyment you get out of your meals and how your body responds to different foods.

If you/your child receives their nutrition via feeding tubes, we may also review a tube meal with you.

We can do these observations in-person, via telehealth or we may ask you to record videos of a usual eating or tube meals and watch these in between our appointments or together with you during a session.

Indirect nutrition, mealtime and diet analysis

We may do some work 'behind the scenes' to assist us to build a clear picture of all the factors that may have lead to, be sustaining or arising from your current eating and feeding situation.

This could include the following:

- Analysing the food information that you have provided us and to determine if there are any nutritional gaps that may be impacting your function

- Plotting and analysing your body shape information/child's growth data
- Scoring a feeding-based assessment
- Reviewing reports from medical and therapy professionals
- Communicating and/or reviewing information from other formal and informal supports in your life
- Review of bowel diaries, biochemistry or other clinical information that may be relevant to your eating, feeding and mealtimes

This indirect work helps us to better understand the background, strengths and functional impact of your feeding/eating and mealtimes so that we can build a plan together to work on the goals that are important to you.

Road mapping (case formulation)

We will then unpack the assessment information together and build a collaborative intervention (road map) that feels right for you. This may include any onward referrals to other medical and allied health professionals who can assist you with specific assessments and goal support. We will develop a tailored dietetic and transdisciplinary eating and feeding intervention plan with you.

Report: Funding body report or comprehensive clinical assessment report

If we are only providing an assessment service for you, we will need to write a report for your funding body (NDIS). Please note, the NDIA requires allied health professionals to complete participant reports as part of the services delivered. This cannot be negotiated.

If you are seeking therapeutic intervention services with us, we may consolidate our assessment findings into a clinical report for you to help us guide your intervention services. We will discuss whether a report is required.

What happens after your assessment?

Following our initial assessment, we will work on the intervention plan that we build collaboratively/ This might include:

- Parent coaching sessions (including dietetic counselling, dietary education and nutritional monitoring)
- Referrals and collaboration with other medical and allied health professionals
- Direct responsive feeding therapy with you/your child

Want to learn more about our services?

For further information, please see the following links:

<https://hatchdietetics.com.au/client-services>

<https://hatchdietetics.com.au/ndis-information>

<https://hatchdietetics.com.au/blog/f/dietitian-services-and-the-ndis>