

Your Nutrition

The healthcare team has completed a nutritional assessment to help guide your care. This assessment is based on your current weight, any recent weight loss and any increased nutritional requirements you have e.g. due to illness or infection. At present we have not identified any concerns about your diet and the food you eat and drink.

However good nutrition and a healthy diet is important to everyone's general health and recovery, this leaflet provides information and advice if you are worried or need advice.

Your health and eating and drinking: anyone may experience problems with eating and drinking for the following reasons:

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| Physical disease such as rheumatoid arthritis Mental illness Swallowing difficulties Problems chewing food Dental problems | Social circumstances Financial reasons Emotional difficulties Medications you are on Eating Disorder Inhibited movement |
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If you are concerned with any aspect of your nutritional health or your ability to have a healthy balanced diet the following contacts can help:

Websites:

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| NHS Choices NHS Inform Scotland For advice on making informed choices around your health | www.nhs.uk/pages/home.aspx www.nhsinform.scot |
| British Dietetic Association (BDA) Food Facts helps you optimise your eating and drinking, in health and in disease states | www.bda.uk.com |

NHS Services

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| Dietitians | For expert support with nutrition problems, You can refer yourself directly by asking for details from your local hospital or GP practice. |
| Speech and Language Therapists | For expert support with swallowing difficulties You can refer yourself directly by asking for details from your local hospital or GP practice. |
| Occupational Therapists | For expert support with aids and adaptations if you are finding it hard to physically feed yourself. You can refer yourself directly by asking for details from your local hospital or GP practice. |
| Highland Dental Services | Tel: 0845 644 2271 www.nhshighland.scot.nhs.uk/services/pages/dentists.aspx For emergency treatment only Tel: 111 www.nhs24.com/findlocal/emergency-dental-care/highland |

Local and national charities and services

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| Frozen meals delivery services such as: Wiltshire Farm Foods Tel: 0800 0773100, Oakhouse foods Tel: 0333 370 6700 Apetito | www.wiltshirefarmfoods.com www.oakhousefoods.co.uk www.apetito.co.uk |
| Citizens Advice Scotland (CAS) | Tel:0808 800 9060 www.cas.org.uk |
| Vocational Rehabilitation Service helping you stay at, return to and remain in work | Tel:0800 019 2211 www.employabilityinscotland.com/barriers/health/vocational-rehabilitation |
| Alzheimer's Scotland | Tel:0808 808 3000 www.alzscot.org |
| B-EAT supporting those affected by food, weight and shape | Tel:0808 801 0677 www.b-eat.co.uk |