

Eligibility

You can access Healthy Aging Hub services if you are:

- aged 65 years and over
- aged 50 years and over and identify as Aboriginal and/or Torres Strait Islander
- aged 50 years and over and are homeless or at risk of homelessness

Our services are:


- low cost or free
- culturally-sensitive
- tailored to your lifestyle and needs
- available in languages other than English




Interpreters


Interpreters can be arranged in any language at no additional cost.

If you'd like to find out more about Nutrition and Dietetics, contact us:

 (03) 9418 9807

 intake@nrch.com.au

 Send a referral letter from your clinician to Intake at:
North Richmond Community Health
23 Lennox St
Richmond, VIC 3121

 Learn more about our services and events at our website: nrch.com.au

  @nrchAUS



North Richmond Community Health (Wulempuri-Kertheba) stands on the traditional lands of the Wurundjeri people. We pay our respects to their elders, past and present.



Nutrition & Dietetics for healthy aging

Healthy Aging Hub at
North Richmond Community Health

Healthy Aging Hub

at North Richmond Community Health

Our Healthy Aging Hub team provides high quality health services for people who are 50 years and over.

Our experienced team will work with you in the specialised areas of Nutrition and Dietetics, Podiatry, Physiotherapy, and Occupational Therapy.



Our Dietitians can give advice about food and nutrition to help with:

- raised blood glucose levels
- type 1 and type 2 diabetes
- heart disease and high blood pressure
- high cholesterol
- body weight
- food allergies and intolerances, such as coeliac disease and FODMAPS
- loss of appetite
- chewing difficulties
- nutritional deficiencies including iron deficiency, anaemia, and vitamin D deficiency.

Find out how changes in your diet can prevent disease and improve your overall health and wellbeing.

We can offer you help and advice about day-to-day activities including:

- food selection
- shopping, including reading food labels and budgeting
- cooking
- recipe ideas

Our Dietitians will work with you to maintain a diet tailored to your lifestyle and needs.

How to access our Healthy Aging Hub services

1. Book an appointment with your General Practitioner (GP).
If you'd like to book an appointment with a GP from North Richmond Community Health, call (03) 9418 9800.
2. Ask your GP for a referral to one of the Healthy Aging Hub services at North Richmond Community Health.

What about My Aged Care?

My Aged Care is a Government service. They can help you find information about aged care services and how to receive them.

1. You can receive a referral from My Aged Care by calling the Contact Centre on 1800 200 422.
2. Tell the My Aged Care Contact Centre you would like to receive allied health and therapy services at North Richmond Community Health.

For more advice on how to get a referral, call our Healthy Aging Hub team on (03) 9418 9807.

