

Accredited Practising Dietitian (APD)

WHO ARE ACCREDITED PRACTISING DIETITIANS?

Accredited Practising Dietitians (APDs) are your qualified nutrition experts. APDs have been trained at University and are committed to excellence in nutrition and undertake yearly training to keep up-to-date with the latest information. APD is accepted by the Government, Medicare, the Department of Veterans Affairs and the majority of private health funds as the one qualification for delivering nutrition and dietetics services in Australia.

WHEN AND WHY DO YOU NEED APDS?

APDs can improve the well being and energy levels of the residents, making their lives and your life easier. You should get an APD when a resident is suffering from a condition that can be treated with nutrition or when your menu needs updating.

WHAT CAN APDS DO?

- Nutritional assessment and management of a range of conditions affecting the elderly such as:
 1. Heart disease
 2. Dementia
 3. Arthritis
 4. Depression
 5. Osteoporosis
 6. Diabetes
 7. Constipation / diverticulitis
 8. Gastro-oesophageal Reflux Disease
 9. Falls
 10. Urinary Tract Infection
- Develop policies and programs
- Review your facility menu and make recommendations



HOW DO I FIND AN APD?

- Do they have the letters APD after their name or the APD logo?
- Check the 'Find an APD' section on the DAA website: www.daa.asn.au
- Phone the APD hotline 1800 812 942
- Check the Yellow Pages under 'dietitian' then ask the dietitian if they are an APD.



We would like to acknowledge the Dietitians Association of Australia (DAA). For more information about DAA or to find an APD in your local area, visit www.daa.asn.au