

# DIETETIC SERVICE FOR

Commonwealth Home Support  
Programme (CHSP) Clients

Personalised nutrition care  
designed for your health,  
independence, and wellbeing.

Cura Aged Care offers a wide range of professional nutrition support tailored to the unique needs of our seniors.



Comprehensive dietary assessments and body composition analysis



Chronic disease management (diabetes, cardiovascular conditions, etc.)



Prescription of appropriate nutrition supplements to meet dietary requirements



Support for age-related health issues (low appetite, constipation, malnutrition, and unintentional weight loss)



Tailored meal plans that align with your cultural background and health goals



Assistance accessing ready-made meals



Nutrition strategies to enhance energy, immunity, and muscle mass






Practical guidance on meal preparation, grocery shopping, and food choices



Small group nutrition education sessions available at Cura's Wellness Centre

## Connect with us

Our team are here to help you on your journey. Delivering genuine care & support.

 07 5620 3805  
 [info@cura.org.au](mailto:info@cura.org.au)  
 [cura.org.au](http://cura.org.au)

# Hear from Our Clients

Meet Dr. Fatemeh Haidari (PhD, APD), a highly experienced Accredited Practising Dietitian. Fatemeh provides expert, culturally sensitive nutrition care through the CHSP program. Her goal is to help you stay active, well-nourished, and confident in making healthy food choices that suit your lifestyle.

“

Fatemeh helped me understand how to eat well without changing my cultural food. I feel healthier, and my energy has improved so much.”



CHSP Client, Gold Coast



## Supporting Healthy Ageing



### How to Get Started

- 1.** Contact My Aged Care and request a referral code for Dietitian services.
- 2.** Call Cura to book your appointment with Fatemeh.
- 3.** Receive a personalised nutrition care plan and ongoing support tailored to your needs.

*Government-subsidised service – only a small fee contribution applies.*



If you are seeking a compassionate and culturally sensitive approach to aged care, then Cura Aged Care is the answer. We believe in celebrating diversity and placing you at the heart of everything we do.

