"Carer-Centred Care": Family carer experiences, roles and support needs: Implications for dietitians in rehabilitation

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“Carer-Centered Care”

Family carer experiences, roles and support needs: Implications for dietitians in rehabilitation
Rehabilitation  Home
Family caring superheros

The dietitian (also a superhero)
Family carer experiences, roles and support needs: according to carers....
Suggestion for practice

Welcome to Rehabilitation
Lost your appetite? Did you know there is a dietitian here to help at no cost to you?

Ask your nurse for a referral.

Oh look! Old Lex has been eating poorly lately...
I know a lot about nutrition; I can manage myself. If Lex needed a dietitian, they would have told me. They don’t really understand Lex’s needs – they couldn’t help him eat better. Hmm... I won’t ask for a dietitian, it's too expensive. Oh Lex is fine, he just needs more exercise. I didn’t know there was a dietitian or other food options. Suggestion for practice.
Hi Mr Man, I’m the dietitian at rehab, and I’ve just been referred to see Mr Luther, I understand he lives with you?
“I think it is awfully important to be involved, particularly if he’s coming home. I’d have to be. That’s you know, that’s the be all and end all of that. I mean, I’d have to be…. I’m buying the food, I’m cooking the food, I’m serving the food... I must be involved in that”.

- Joan, carer of Alfred
I just don’t feel like eating right now, I’ll be fine when I get home.

Please just tell me what he needs to be having; I’ll make sure he gets it.
Suggestion for practice

What are your beliefs and values about nutrition?
Suggestion for practice 4
Suggestion for practice

I can see you both know each other well; what are your current concerns with eating or nutrition?
Suggestion for practice 5

Lex needs soup in the evenings; I make it and freeze it for him every week.

No problem, do you have ideas for how to include some meat?

Carer-centred care
I know a lot about nutrition; I can manage myself. I didn’t know there was a dietitian or other food options.

If Lex needed a dietitian, they would have told me,

They don’t really understand Lex’s needs – they couldn’t help him eat better.

Hmm... I won’t ask for a dietitian, it's too expensive.

Oh Lex is fine, he just needs more exercise.

I know a lot about nutrition; I can manage myself.
Suggestion for practice

We want Lex to enjoy his dinner with a glass of port; dining is one of his last pleasures in life.

I want Mr Luther to gain 0.5kg per week and stabilise BGLs <10mmol/L.
Suggestion for practice

HPHE + Quality of Life = YUM + Weight stabilisation
Acknowledge Support

Improved outcomes in rehabilitation and once discharged
The nutrition and food-related roles, experiences and support needs of female family carers of malnourished older rehabilitation patients

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