



Caregivers, Nourishment and Nurturing



Made possible by a grant from the Nova Scotia Department of Communities, Culture,
Tourism and Heritage



Section six:

Where can I get help?

(at home and in a health care setting)



Written information: Nova Scotia

Resources from **Nova Scotia Health:**

<https://library.nshealth.ca/Pamphlets/LC>

Don't have a computer or cell phone?

- Ask at your local library to use the computer and printer.
- Ask a friend, family member or neighbour who has a computer to access this information for you.

Written information: Alberta and British Columbia

Resources from **Alberta Health Services**

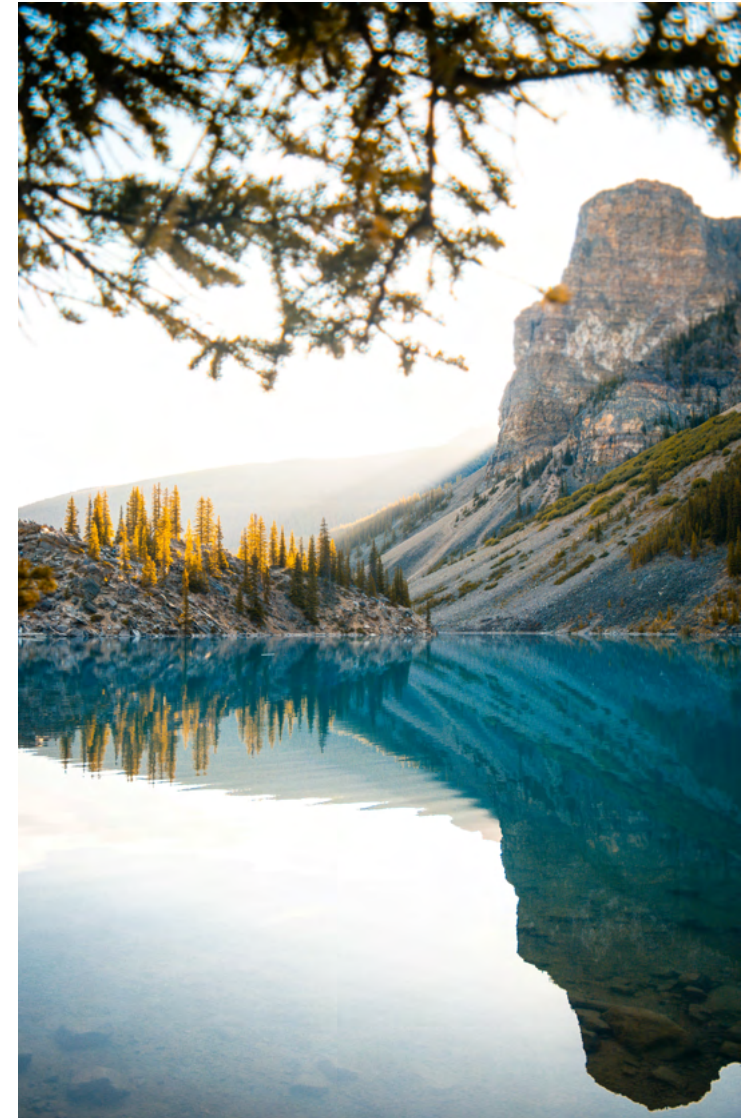
Search based on age and condition:

<https://www.albertahealthservices.ca/nutrition/page11115.aspx>

Resources from **HealthLinkBC (British Columbia)**

Filter by condition:

<https://www.healthlinkbc.ca/healthy-eating-physical-activity/conditions>



**Dietitian
consultation at
no charge**

Dietitian consultation is covered by
NS Medical Services Insurance (MSI).

Find outpatient dietitians in Nova Scotia:

<https://www.nshealth.ca/clinics-programs-and-services/nutrition-education-and-counselling-dietitians>

**Private
practice
dietitian
(for a fee)**

Important note: some health insurance providers cover dietitian services.

To find a private practice dietitian, search:

- Dietitians Network of Nova Scotia

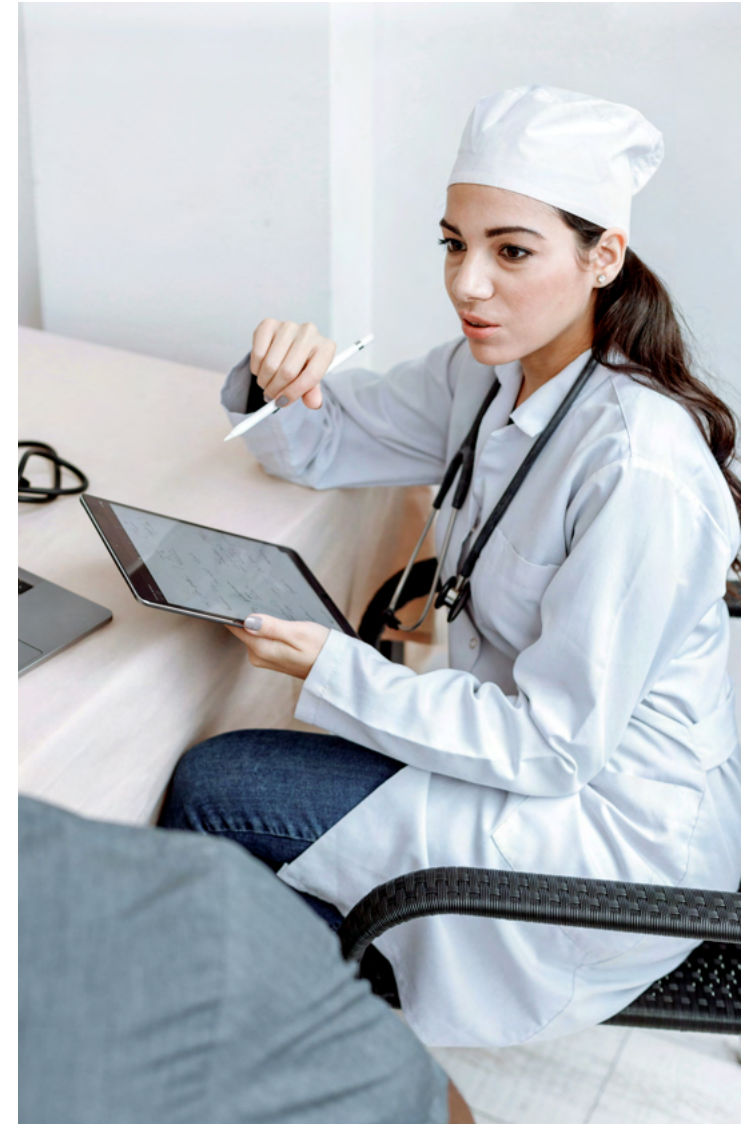
<https://www.dietitiansnovascotia.com/>

- Dietitians of Canada

https://members.dietitians.ca/Web/Web/Membership/Directory/Find_a_Dietitian_Directory.aspx

In hospital or residential care

- Ask hospital staff members (unit clerk, nurse, physicians, etc.) for a Dietitian Consultation.
- This request **does not** require a physician referral.
- There is no charge.



Food service requests

In hospital or residential care

For meal and snack related requests, ask to speak to someone from Food Services.

Note: Food Services and Clinical Nutrition Services (dietitian care) are different departments in many hospitals.

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Thank you for watching!