

# NRS Dietician Services: Teamwork matters

For over 30 years, NRS has provided a full range of rehabilitation services to adults and children with serious injuries or disabilities. Our experienced Occupational Therapists are key members of the team.

Nutritional care involves:

- Health promotion (making healthy food choices thereby improve one's health).
- Therapeutic nutrition (exploring nutritional modifications based on one's medical condition).

Adults and children with complex injuries including brain or spinal cord injury, chronic pain, PTSD, anxiety and/or depression, may have unique nutritional challenges. The ability to make proper food choices in shopping and safe meal preparation may be impaired. Furthermore, many who suffer from the side effects of psychotropic medications become emotional eaters.

These individuals require support from a Registered Dietician who has experience working with individuals with complex needs and who work as part of the team.

NRS Dietitians provide assessments and treatment in the home, community and at our clinic. We also provide virtual assessments and counseling.

Working closely with the medical and rehabilitation team, pharmacist, insurer and legal representative, our experienced dietitians provide:



- Comprehensive nutritional assessments using intake history, pattern of weight changes, chronic medical conditions, medications & lab reports.
- Individualized treatment plans focused on each client's unique goals.
- Collaboration with your NRS and non-NRS team members as well as the Family Physician and/or Pharmacist.

*Let our caring and competent team show you that there is indeed a world of possibilities!*



*NRS has been providing home, work, school and clinic based rehabilitation services to adults and children with brain injuries, spinal cord injuries, orthopaedic injuries, burns, amputations, psychological/psychiatric disorders and other complex injuries for over 30 years. We have helped thousands of people to successfully rebuild their lives.*

#### Services offered:

- Case Management
- Physiotherapy
- Occupational Therapy
- Social Work
- Certified Child Life Services
- Psychology
- Speech and Language Therapy
- Dietary Counselling
- Equipment and Adaptive Technology (selection and training)

- Life Skills, Academic and Job Coaching
- Neuropsychology
- Attendant Care Assessments
- Capacity Assessments
- Life Care Plans

#### Funding sources:

- Auto and Extended Health Insurance
- WSIB • Blue Cross • Private

**Area served:** Ontario

#### **We are here to help**

Learn more about us, visit [neurorehab.ca](http://neurorehab.ca), call **416-66-REHAB** or email [intake@neurorehab.ca](mailto:intake@neurorehab.ca)

