



# Nutrition Advisor

**The Nutrition Advisor** for Positive Directions (PD) is an Accredited Practising Dietitian (APD) with a state-wide responsibility and is located in our Brisbane office. The role is responsible for facilitating access to Nutrition & Dietetic services throughout Queensland, participating in care-coordination of clients and providing direction and advice to staff in regards to the management of clients with potential and/or identified nutritional issues. The Nutrition Advisor is also responsible for providing education and advice to dietitians and other health care providers throughout Queensland regarding nutrition and HIV.

#### Access



By talking with you about the types of nutrition products, supplements or services that are available to you, and how to access them.

#### Assessment



By meeting with you personally or telephoning you, to identify your nutritional needs, the impact it may have upon your HIV status and a plan to assist you to meet your optimal weight. You may be required to meet with the NA for a few sessions in order for the NA to develop an individualised care plan.

#### Referral



By referring your needs to another Nutrition & Dietetic practitioner in Queensland who may oversee your long-term needs. This practitioner does not work for Positive Directions and may be a part of a community health service. Or, the Positive Directions NA may refer part of your care to another practitioner, while continuing to assist with coordination of your care. This will be done with your full consent.

#### Advocacy



By advocating on your behalf for you to successfully access nutrition-based services or products, which you are eligible for.

#### Information



By providing you with information on a variety of nutrition topics that can help you make an informed decision on your health care. You can find much of this information on our website – it is regularly updated with recipes, fact sheets, and links to other websites and sources of information.

#### Life Skills



You may be interested in participating in a local LEAP program\*, or obtaining a copy of the Positive Directions Cookbook (free to PLHWA) or downloading the Eating Positive Sheets (which can be accessed through our website).

\* **LEAP** stands for Life Enhancement Action Program and is an eight (8) week program which includes eight (8) nutrition education sessions and sixteen (16) group gym/exercise sessions with a personal trainer. LEAP is offered to registered PD clients around the state of Queensland at various times throughout the calendar year. If you would like more information, please download the LEAP fact sheet, or speak with the Nutrition Advisor about future courses.

## About

### Positive Directions

Spiritus Positive Directions is funded by Queensland Health to provide a state-wide care co-ordination, information and referral service for People Living With HIV (PLHIV) in Queensland.

## Locations

### Brisbane

101a Watson Street  
Camp Hill QLD 4152  
PO Box 3387  
Norman Park QLD 4170  
**Ph 07 3900 8000**  
**Fax 07 3843 4962**

### Gold Coast

18a West Street  
Burleigh Heads QLD 4220  
PO Box 590  
Burleigh Heads QLD 4220  
**Ph 07 5576 8366**  
**Fax 07 5535 2166**

### Sunshine Coast

Level 2, 15 Sydney Street  
Nambour QLD 4560  
PO Box 344 Nambour  
Qld 4560  
**Ph 07 5441 1222**  
**Fax 07 5441 1566**

### Townsville

Level 3, 155 Denham Street  
Townsville QLD 4810  
PO Box 5186  
Townsville QLD 4810  
**Ph 07 4721 1384**  
**Fax 07 4724 2491**

### Cairns

3b/151 Martyn Street  
Cairns QLD 4870  
PO Box 2975  
Cairns QLD 4870  
**Ph 07 4051 1028**  
**Fax 07 4051 0928**

Email: [PDinfo@spiritus.org.au](mailto:PDinfo@spiritus.org.au)

Web: [www.positivedirections.org.au](http://www.positivedirections.org.au)

