

# AC HEALTH & NUTRITION

Female patient in EN1

29-year-old woman who would like support to lose a little weight, gain more understanding about portion control, eating a balanced diet and generally be more responsible with her eating habits.

Currently she does not cook a meal from scratch but will put meals and heat them in the microwave. Other cooking in the house is carried out by her mother.

She has cerebral palsy and mild learning disabilities, she is able to read and follow instructions, but needs to discuss concerns, be reassured that she is doing the right thing. We would like someone to meet with her, give her goals, liaise and reassure her. We would start with 6 sessions, with a follow up after a month and a further follow up after 6 months. This would need to be face to face and with someone that has worked with people with additional needs.

A report for the patient will be required after every appt with your recommendations in an easy to understand format and a more formal report back as well for the other HCPs involved in her care.

If interested please email [admin@achn.co.uk](mailto:admin@achn.co.uk) with your experience and rate of pay for the 6 sessions please.

Thank you.

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