



Contact us



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SonderSA



Sonder-SA



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.

Funded by

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COUNTRY SA

An Australian Government Initiative



Integrated Primary Care Dietitian Services

Nutritional education and support to help you make the best food choices for your health needs.



Receive expert guidance, education and support from accredited Dietitians who will work with you to better understand the connection between your chronic condition and your nutritional habits.

Our Dietitians provide high quality dietary education and work with you to develop personalised strategies that meet your needs.

Together, we'll help you to improve the quality of your diet so you can become healthier, and stay healthy.

This service is provided through Sonder's Integrated Primary Care program, which means you will also have access to other allied health services which may support you with your condition, such as podiatry or dietetics.

What do we offer?



Individualised goal setting

We will work with you to help you make small, long-term improvements to your lifestyle behaviours.



Personalised nutritional advice

Create strategies that work best for you, your lifestyle and your preferences.



Proven research

Our Dietitians use the most up-to-date information to help you to understand what is best for your health.



Integrated care team

Your Dietitian will work with your GP and other care providers to manage your chronic medical condition.

Am I eligible?

To be eligible for this program, you must:

- Live in the regions of Yorke Peninsula, Mid North, Lower North, Lower Fleurieu Peninsula or Kangaroo Island and;
- Be living with, or at risk of developing an ongoing chronic medical condition that requires additional services to prevent further complications or illness.

Who are the staff?

This service is provided as part of Sonder's Integrated Primary Care Program. This program is delivered by Sonder's network of allied health providers, including:

- Diabetes educators
- Dietitians
- Exercise physiologists
- Physiotherapists
- Podiatrists
- Respiratory educators

Our Care Coordinator will work in consultation with your GP to support you in accessing services to treat your chronic medical condition.

Please note, not all allied health providers are available across all regions. Some services may be provided via Telehealth.

How do I access the service?

To access this service, simply contact our friendly team at Sonder via phone **(08) 8209 0760** or email **info@sonder.net.au**

We'll put you in touch with a local GP to access a referral into the program.

If the GP finds the program to be suitable for you, they will complete a referral form on your behalf and send it back to us.

Once we receive your referral, our Care Coordinator will then work with your GP to coordinate initial appointments with the specialist nurse, or allied health providers identified on the referral.

Where can I access this service?

Our allied health providers are located in different sites across the Yorke Peninsula, Mid North, Lower North, Lower Fleurieu Peninsula and Kangaroo Island regions.