



Registered Dietitian (RD)

SERVICES DIRECTORY

March 2016

Geographic Area	Organization	Dietitians' Hours (subject to change)	Services	Referral process	Topics and condition covered
Leeds, Grenville & Lanark District	Leeds, Grenville & Lanark District Health Unit 613-345-5685 or 1-800-660-5853	8:30-4:30 Monday - Friday	<p>Initiate/participate in health promotion activities in partnership with others including the community, colleagues and other sectors.</p> <p>Participate in community coalitions to address nutrition-related policy issues and to create healthy supportive environments.</p> <p>Provide and/or coordinate education for community partners on nutrition issues, research, resources and education strategies.</p> <p>Develop and update nutrition guidelines and resources using current evidence and best practice guidelines.</p> <p>Use multiple communication strategies to inform the public on current nutrition issues.</p>	No one-on-one counselling	Community Nutrition, Food Access, Food Security, Food Skills/Literacy programming support, School Nutrition, Workplace Nutrition, Infant/Child & Family Nutrition.
Brockville	Brockville General Hospital (BGH) 613-345-5649	8:00-4:00	Services limited to inpatients with the exception of cardiac rehabilitation patients and those registered with BGH mental health outpatient services.	Physician's referral required.	all

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Smiths Falls and area	Perth and Smiths Falls Hospital 613-267-1500	Tuesday, Wednesday and Friday 8:00-4:00	One-on-one, outpatient and in-patient	Referral from any physician required.	all
Perth and area	Perth and Smiths Falls Hospital 613-267-1500	9:30-5:30 Monday- Thursday	One-on-one, outpatient, inpatient, diabetes education program (group/one-on-one)	Referral from any physician required.	All, including diabetes, weight management, gastrointestinal issues and cardiovascular
Kemptville	Kemptville District Hospital 613-258-6133	Monday, Tuesday, Thursday & Friday 8:30-4:30	In-patient only	In-patient only	food service, long term care, acute care
Kemptville	Diabetes education program 613-258-6133	Tuesday Wednesday & every other Thursday 8:00-3:00 Occasional evening appointments as needed	One-on-one and group clinics available	Can self-refer. Physician's referral required for counseling on insulin initiation.	diabetes
Almonte	Almonte General Hospital & Fairview Manor Long Term Care Home 613- 256-2500	Monday – Thursday 8:00-4:00	In-patient only	In-patient only. Outpatients are referred to the Ottawa Valley Family Health Team Dietitian.	All topics that arise in acute, complex continuing care and long term care settings.

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Carleton Place and surrounding area	Carleton Place District Hospital 613- 257-2200	Monday, Tuesday and Thursday 8:30-4:30	One-on-one out- patient consultation Diet for healthy heart group class Diabetes Clinic (joint visits with Diabetes Nurse Educator) Diabetes Endocrinology Tele-Health Clinic	Patient must be resident of Carleton Place /surrounding area or have a family physician in Carleton Place Referral needed - fax to booking clerk 613-257-5197	all
Leeds, Grenville and Lanark Counties	Community Care Access Centre 1-800-869-8828 www.communicare.ca	8:30-8:00 7 days per week	A Care Coordinator, who is a registered health professional, will provide an assessment and develop a plan of care with the patient to address their individual care needs.	Physician referral is not required.	All ages & medical conditions requiring nutritional therapy can be addressed by a Registered Dietitian. The Care Coordinator will assess & determine if patient meets eligibility criteria for RD through the CCAC or will help link patient to alternate sources through system navigation.
Perth, Smiths Falls, Kemptville, Merrickville	CommuniCare Therapy	Flexible	One-on-one home visits	Referred by Community Care Access Centre (CCAC) through CommuniCare Therapy	diabetes, geriatric, tube feeding, cancer, unintended weight loss and palliative care
Leeds and Thousand Islands, Leeds-Grenville, Rideau Lakes	CommuniCare Therapy	Flexible	One-on-one home visits	Referred by Community Care Access Centre (CCAC) through CommuniCare Therapy	oncology, diabetes, weight management, enteral nutrition, COPD, cardiovascular diseases, pediatrics, NAFLD, digestion disorders, osteoporosis, etc; all ages.
Brockville, Prescott, Cardinal, Athens	CommuniCare Therapy	Services available after 4:00	One-on-one home visits; also group presentations.	Referred by Community Care Access Centre through CommuniCare Therapy	adults and some pediatric patients

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Almonte, Carleton Place, and surrounding areas	Ottawa Valley Family Health Team (FHT) Located in Almonte 613-256-9370	Tuesdays & Thursdays 8:30-4:00 Fridays 8:30-3:00	One-on-one, groups	Patient must be registered with one of the FHT physicians. Patients within FHT need referral from allied health professional or physician. Patients are triaged for urgency once RD receives the referral.	See patients from pediatric to geriatric, covering all topic areas.
Brockville Gananoque, Lansdowne, Seeley's Bay	Upper Canada Family Health Team (FHT) 613-423-3333 613-382-8118	Monday to Friday 8:00-4:00 closed from 12-1 Monday Lansdowne 8:00-4:00 Tuesday to Thursday Gananoque 8:00-4:00 Friday Seeley's Bay 8:00-4:00	One-on-one, group education with nutrition component for "Heart Smart" and "Craving Change". One-on-one, group education with "Heart Smart" and "Craving Change"	Patients registered with the FHT can self-refer. Doctor referral required for one-on-one nutrition counselling Individuals who are patients of one of the three clinics may self-refer to groups.	all all

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Brockville	CPHC- CFHT Diabetes Education Center 613- 498-9902	Monday, Wednesday Thursday 8:30-4:30	One-on-one, small groups, community outreach	Can self-refer	Pre-diabetes and diabetes
Brockville	CPHC- Family Health Team (FHT) 613-342-4076	Wednesday at FHT; Tuesday & Friday in Diabetes Education 8:00-4:30	One-on-one, grocery store tours, groups	Patients registered with the FHT can self-refer.	all
Gananoque	CPHC Gananoque Family Health Team (FHT) 613-382-7383	One day per month	One-on-one	Patients registered with the FHT can self-refer.	all
Prescott	Prescott Family Medicine (FHT) 613-925-5977	Monday, Friday and every other Thursday 8:00–4:00	One-on-one and groups	Patients registered with the FHT can self-refer.	all
Rideau Lakes & Westport areas	Country Roads Community Health Centre (CHC) www.crchc.on.ca 613-272-2799 (Portland) 613-273-9850 (Westport)	Monday - Friday varied hours	One-on-one, diabetes clinics, and groups such as Healthy You, Diabetes and You, What's Cooking, Early Years	Can self-refer	all
Smiths Falls	Smiths Falls Community Health Centre (CHC) 613-283-1952	Monday, Tuesday & Thursday: 8:30-4:30 Wednesday: 8:30-7:30 Every other Friday: 8:30-noon	Community kitchen	Can self-refer	all

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Merrickville Rideau District	Merrickville Rideau District Community Health Centre (CHC) 613-269-3400	Monday-Wednesday 8:30-4:30	One-on-one and groups such as "Craving Change"	Can self-refer	all
Lanark County area	North Lanark Community Health Centre (CHC) in Lanark 613-259-2372	Monday-Friday 8:00-4:00	One-on-one, groups	Can self-refer	all
Leeds, Grenville and Lanark Counties	Rideau Valley Diabetes Services Toll free: 1-877-321-4500	Monday-Friday 8:30-4:30 Some evening appointments are available in some locations.	One-on-one, and group education for adults with diabetes and pre diabetes	Can self-refer. Clinics in Carleton Place, Almonte, Smiths Falls, Perth, Portland, Gananoque, Brockville, Athens, Prescott, Seeley's Bay, Lansdowne & Westport	diabetes and pre-diabetes education
Smiths Falls	Smiths Falls Nurse Practitioner-Led Clinic 613-205-1025	Mondays from 9-4 and Thursdays from 9-7:30	One-on-one, Groups (osteoporosis, HTN, diabetes)	Patients must be registered with the clinic but do not require a referral from the Nurse Practitioner.	all
All areas	EatRight Ontario Ontario residents can speak with a Registered Dietitian at no cost Toll free: 1-877-510-5102 http://www.eatrightontario.ca/	Eastern Standard Time Monday-Friday 9:00-5:00 Tuesday & Thursday 9:00-9:00			all

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Mallorytown	Skyward Active Health Centre www.skywardactivehealth.com 613-704-1600 866-441-6510 toll free skywardactivehealth@gmail.com	Flexible	Fee-for-service	None needed	Weight management, healthy eating/cooking, IBS/IBD, food allergies/intolerances, digestion disorders, sports nutrition, cardiovascular conditions, etc. Please enquire if your concern is not listed above as this list does not include all conditions and topics covered.
Brockville	St. Lawrence Lodge 613- 345-0255	Please call	For residents only	For residents only	all
Perth	Lanark Lodge 613-267-4225	Please call	For residents only	For residents only	all
Smiths Falls	Broadview Nursing & Retirement Centre 613-283-1845	Please call	For residents only	For residents only	all
Prescott	Wellington House 613-925-2834	Please call	For residents only	For residents only	all
Kemptville	Bayfield Manor Nursing & Retirement Home 613-258-7484	Please call	For residents only	For residents only	all
Carleton Place	Stoneridge Manor 613-257-4355	Please call	For residents only	For residents only	all
Athens	Mapleview Lodge 613-924-2696	Please call	For residents only	For residents only	all