

# Presentation Abstracts

## Theme 3: Collaboration in Allied Health

**Ms Natalie Sutton, Wimmera Health Care Group**  
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**Abstract title:** *Collaborative development: Horsham cooking group for carers and care recipients*

**Introduction:** The 'Eat Well' Cooking group was developed in Horsham for local carers and care recipients. It was designed collaboratively by a local dietitian, occupational therapist (OT) and Carers Respite worker from Wimmera Health Care Group.

**Objectives:**

- To demonstrate and evaluate the collaborative development process of the 'Eat Well' cooking group.
- To improve the cooking skills and nutritional knowledge of participants.

**Approach:** The Carers Respite Department provided funding for the project and was also involved in participant recruitment. The dietitian and OT developed and sourced evaluation surveys, resources and recipes and also provided the education component to the session.

**Results:** To determine impact and process evaluation, pre and post session surveys were given to the group. The OT and dietitian also evaluated the development process of the group.

**Conclusion:** The development and delivery of the cooking group were more effective due to the collaborative approach from the OT, dietitian and carers respite worker. Participants reported improved cooking skills and nutritional knowledge as well as a desire to attend future 'Eat Well' cooking sessions.

### **Biography**

Natalie is a grade 1 dietitian who has completed Masters of Dietetics at the University of South Australia. She is currently working in both the community and acute settings at Wimmera Health Care Group in Horsham, where she began working in October 2014 as a new graduate. She has since been involved in implementing and planning multiple Home and Community Care programs throughout the local area and enjoys the variety of work that regional areas provide to dietitians. Natalie enjoys living in regional areas, especially the 5 minute drive to work.

