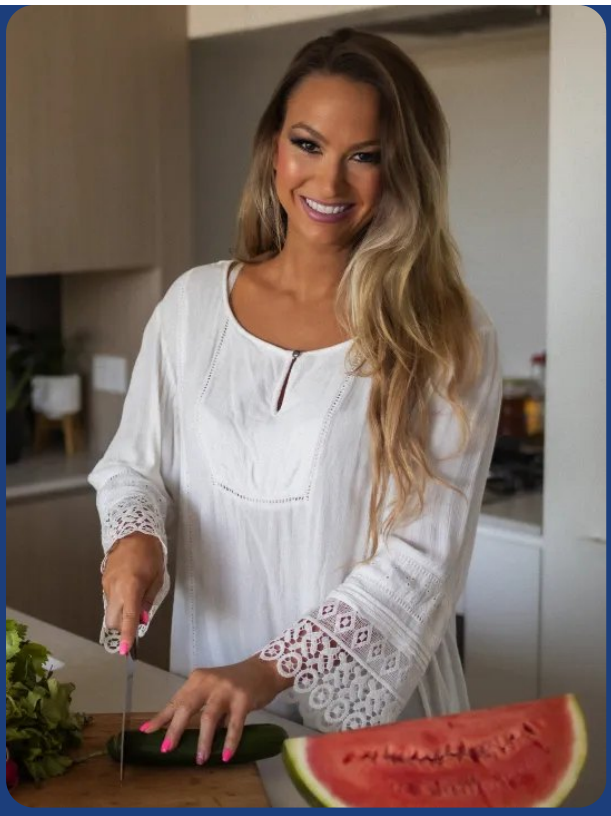
What a Clinical Nutritionist Can Help With

Clinical nutrition support for children, teens and adults



Food, gut health and nutrient status all shape how the brain works. At BNC, our clinical nutritionist Rachael Stephens helps families and individuals living with autism, ADHD and complex mental health conditions using nutrition, targeted supplementation and practical routines to help them feel better day to day.

- ✓ Certified Practising Nutritionist (CPN), registered with AARPN
- ✓ Recognised Allied Health Professional under the NDIS
- ✓ Neuro-affirming, family-centred and practical

✓ Works alongside your GP, psychologists and other therapists

✓ All consultations are held via Zoom, so you can attend from home

Call (03) 9848 9100

What is a Certified Practising Nutritionist?

A Certified Practising Nutritionist (CPN) has completed university-level training and supervised clinical practice, and meets the professional standards set by the Australasian Association and Register of Practising Nutritionists (AARPN). CPNs are trained to work as primary healthcare providers in nutrition.

SCOPE OF PRACTICE

What a CPN can do

- Assess your health and recommend dietary changes to help manage or improve health conditions
- organise specific blood tests to evaluate nutrient status
- Prescribe nutritional supplements, both for basic nutrient top-ups and for more complex clinical health needs

A CPN has both the academic qualifications and the supervised clinical experience to support patients safely and independently with nutrition-based care.

TRAINING

How a CPN differs from other "nutritionists"

Not everyone who uses the title "nutritionist" has the same training. Some are nutrition scientists with an academic background but no clinical training to work directly with patients. A CPN also has completed hands-on clinical training in:

- How diseases work (pathophysiology)
- How medications interact with the body (pharmacology)
- Independent clinical assessment and consultation
- Counselling skills
- Safely prescribing nutrition-based treatments

Who nutrition support is for

You may benefit from nutrition support if you, or your child, experience any of the following alongside a disability or developmental difference:

- ✓ Selective, restrictive or highly limited eating, including ARFID or ARFID-like presentations
- ✓ Sensory sensitivities around food, textures or mealtimes
- ✓ Constipation, reflux, bloating or other gut symptoms

- Faltering growth, weight concerns or suspected nutrient deficiencies
- Feeding difficulties linked to autism, ADHD or other neurodevelopmental conditions
- Difficulty keeping nutrition routines going across home, school or support settings
- Parents, carers or support workers who need training to put nutrition strategies into practice

What Rachael can help with

Nutrition support is much broader than a simple meal plan. As a CPN, Rachael provides:

Comprehensive assessment

A detailed look at diet, growth, gut symptoms and environmental factors.

Individualised care plans

Tailored to developmental stage and to your family's routines.

Deficiencies and supplements

Correcting nutrient deficiencies and prescribing supplements where clinically indicated.

Expanding the diet

Sensory-informed food exposure and strategies to gently widen the range of foods eaten.

Everyday mealtimes

Practical strategies for managing mealtimes, hydration and food variety.

Carer and support-worker training

Helping everyone around the person apply the plan safely and consistently.

NDIS reports

Reports and documentation to support your NDIS plan reviews.

Working with your team

Collaboration with your GP, therapists and other providers.

> Rachael's approach is neuro-affirming and family-centred. The aim is to reduce mealtime stress, support comfort and growth, and help you and your family feel confident managing nutrition day to day.

Nutrition support under the NDIS

As an Allied Health Professional, Rachael provides disability-related nutrition supports under the NDIS. Her services follow the AARPN Nutrition Supports framework and include assessment, individualised meal planning, implementation support, supplementation protocols, and training for participants, carers and support workers so that nutritional intake stays safe and consistent.

Nutrition services may be claimable under the NDIS where a participant's disability affects their ability to maintain adequate nutrition, prepare or access food, or follow dietary requirements. Because they aim to improve functional capacity, independence and overall health, they are classified as **Capacity Building** supports. They align with I-CAN domains including Self Care (eating and drinking), Domestic Life (meal planning, shopping and preparation) and Physical Health (metabolic and nutritional status).

NDIS FUNDING

Self-managed participants

You pay for each session, receive the invoice, and are reimbursed by the NDIS.

NDIS FUNDING

Plan-managed participants

Your plan manager pays the invoices directly from your NDIS funding.

Nutrition support can be included under **Improved Daily Living** or **Improved Health and Wellbeing** in an NDIS plan. Rachael sees self-managed and plan-managed participants. Please check that your plan includes funding under either of these categories.

Private health funds

Nutrition practice and private health insurance

A Certified Practising Nutritionist (CPN) is recognised by most private health funds that have policies including nutrition. AARPN holds provider agreements with all health funds currently offering nutrition cover, and works to keep the list of participating funds up to date.

If your fund does not appear, or your cover is not what you expected, please contact your health fund for clarification.



Appointments and fees

NEW PATIENTS

Initial appointment

Getting the facts

An in-depth review of your or your child's medical history, current health issues, medications, past pathology, diet, lifestyle and goals. Further pathology may be ordered.

Please have past records available, or send them before the appointment.

Available via Zoom

$299

EXISTING PATIENTS

Follow up consultations

1. **First follow-up:** reviewing your blood test results, then discussing and agreeing on dietary changes, measurable goals and a personalised treatment plan. If time allows, a nutrient prescription is set up through Vital.ly (a practitioner-only nutrient supplier).
2. **Later follow-ups:** agreeing on an individualised meal plan, consolidating the treatment plan and working through anything that makes it hard to stick to.

Available via Zoom

$199

EXISTING PATIENTS

30-minute consultation

After an initial and at least one return consultation

A shorter appointment for prescription refills, questions that come up between appointments, or a minor acute issue such as a cold.

Available via Zoom

$110

EXISTING PATIENTS

15-minute Zoom call

After an initial and at least one return consultation

You may have questions or issues that arise between scheduled consultations. However, for safety reasons and to meet professional indemnity insurance requirements, nutrition advice cannot be given by email and requires a short interactive consultation.

We hope you understand why Rachael cannot answer these queries by email.

$60

> **Cancellation policy:** please give 48 hours' notice to reschedule any appointment. No-shows are charged the full appointment fee.

To book an appointment with Rachael, call our reception team.

Call (03) 9848 9100

Read more about Rachael Stephens or our approach to nutrition and neurological health.

Updated on: 10/10/2026 by Dr Jacques Duff-PhD; BA Psych; Grad Dip Applied Psychology; FANSA; Clinical Neuroscientist
Reviewed on: 10/10/2026 by: Bernard Ferriere-BA; Grad Dip Applied Psychology; Dip Clinical Hypnosis; MAPS; Clinical Psychologist