Can I take advantage of Gaylord’s nutrition services if I live in the community? Yes. Our nutrition services are geared for those who live in the community with or without assistance. Ask your doctor if you are concerned before making changes to your health care program or call Gaylord at 203-741-3377 for more information. Nutrition services are available weekdays by appointment at our Wallingford site.

Do I need to be on a special diet to benefit from nutrition services? No. Every person has different nutritional requirements and our registered dietitian-nutritionists (RD-N) can help determine what is right for you.

Will my medical insurance cover services? Nutrition services may be supplemented by some commercial insurances. Gaylord staff will work with you to verify benefit coverage and discuss treatment costs that may not be covered by insurance.

What else does Gaylord Specialty Healthcare offer? Gaylord Hospital is a specialty hospital that provides inpatient care for complex medical patients needing intensive rehabilitation. Gaylord provides outpatient physiatry (physical medicine and rehabilitation physicians), physical, aquatic, occupational and speech therapies, pulmonary rehabilitation, and wheelchair assessment services. Also available are the Gaylord Hearing Center and the Gaylord Center for Concussion Care. Gaylord sponsors support groups and can provide recommendations when prosthetics, orthotics and rehabilitation equipment are required.

**FREQUENTLY ASKED QUESTIONS**

**CONTACT INFORMATION**

Referrals and Appointments
Appointment requests are available online at outpatientscheduling@gaylord.org or by calling the number below. For more information on services and locations, visit us at www.gaylord.org.

**Location**
Gaylord Hospital and Gaylord Outpatient Services
50 Gaylord Farm Road
Wallingford, CT 06492
203-284-2888 Appointments, Option 1
203-741-3377 Information
203-294-8705 Fax
www.gaylord.org

Use the Main Entrance indicating Outpatient Services.

**OUTPATIENT NUTRITION SERVICES**

www.facebook.com/gaylordspecialtyhealthcare
www.youtube.com/gaylordhealthcare

4/2015
The Gaylord Advantage

- Gaylord’s nutrition services are supervised and staffed by registered dietitian-nutritionists (RD-N) with advanced training in medical nutrition therapy.

- Nutrition counseling may include discussion on prescribed therapeutic diet, portion control, dining out guidelines, label reading, hydration (fluid) requirements and supplementation, if appropriate.

- The advantage of one-to-one nutrition counseling is that clients are able to guide the sessions to meet their needs and ultimately achieve their individualized health goals.

- If receiving other therapies at Gaylord, our scheduling staff will arrange your appointments to meet individualized scheduling needs.

- Gaylord RD-Ns communicate regularly with their clients’ physicians, therapists, and other caregivers for optimal case management.

GOOD NUTRITIONAL HEALTH CONTRIBUTES TO IMPROVED ENERGY LEVELS, WEIGHT MAINTENANCE AND QUALITY OF LIFE, AS WELL AS THE MANAGEMENT OF DISEASES SUCH AS DIABETES AND HEART DISEASE. MEDICAL NUTRITION ISSUES, WEIGHT LOSS AND GRADUAL MOVEMENT TOWARD LIFESTYLE CHANGE ARE A FEW OF THE TOPICS THAT MAY BE ADDRESSED ON THE WAY TO A HEALTHIER LIFESTYLE.

WHETHER YOU ARE INTERESTED IN SHEDDING SOME UNWANTED POUNDS, DIABETES MANAGEMENT, CONTROLLING BLOOD PRESSURE, OR BEHAVIOR MODIFICATION TECHNIQUES, YOU CAN COME TO GAYLORD AND FEEL CONFIDENT THAT YOUR NEEDS WILL BE MET. THE INITIAL APPOINTMENT CONSISTS OF A THOROUGH MEDICAL AND DIET HISTORY, AND INCLUDES GOAL SETTING AND EXPECTED OUTCOMES.

AVAILABLE NUTRITION SERVICES INCLUDE:

- Nutrition for Heart Health
- Diabetes Management and Education
- Ulcerative Colitis, Crohn’s Disease and IBS Management
- Pregnancy Nutrition
- Tube Feeding Assessment and Adjustment
- Weight Management
- Management of complications from a complex disease process or exacerbation
- Bridge from hospital to home nutrition services following a lengthy hospitalization

REFERRALS AND APPOINTMENTS

Contact Gaylord’s Outpatient Services for an initial appointment at 203-284-2888 or ask your healthcare provider to send a referral form/prescription to our FAX at 203-294-8705. Insurance information will be obtained and our benefits specialist will communicate coverage information to the client.

During your first visit your medical history will be obtained. For an optimal consultation, clients should bring a 3-day food record with them. These can be found on our web site. An individualized plan will then be developed.

If you have questions for the RD-N prior to your visit, please contact Outpatient Nutrition Services at 203-741-3377. The staff is ready to assist you with all your nutrition questions.

Also available: Group nutrition diabetes educational sessions. Call 203-741-3377 for more information.