Complex Feeding Clinic

Dr. Cassie & Associates
ASD | ADHD | OT | SaLT | Dyslexia

When a child eats a very limited range of foods or finds mealtimes difficult, it can affect their nutrition and everyday family life. At Dr Cassie and Associates, our Complex Feeding Clinic assesses and supports children and young people with severely restricted eating patterns.

We offer assessment of concerns about avoidant/restrictive food intake disorder (ARFID), including formal ARFID diagnostic assessment.

Who can we help?

We accept referrals for children aged 3–18 years. Your child's difficulties may include:

- Eating a very limited range of foods.
- Sensitivity to the smell, taste or texture of food.
- Low appetite or eating small amounts.
- Anxiety around food and mealtimes.
- Difficulty moving on to food textures appropriate for their age.

For children under 3, we may consider an assessment in specific circumstances, depending on the complexity of their needs.

How does the clinic work?

Our multidisciplinary team brings together a **dietitian**, **consultant community paediatrician**, **speech and language therapist** and **occupational therapist** to consider your child's eating difficulties from different professional perspectives.

Before the assessment, we ask you to complete a parent/carer referral form. This helps us understand your concerns, your child's health and feeding history, what they currently eat and drink, and any support your family has already received. We also ask for previous professional reports and nutritional blood test results, where available. Your child is expected to have had an initial assessment with a dietitian before referral. If this has not taken place, an assessment with our dietitian can be arranged.

The first multidisciplinary assessment is usually in person. Please tell us about any barriers to attending or support you and your child may need. With your consent, assessment also includes contact with your child's nursery or school.

What happens after assessment?

Following assessment, we will direct you to appropriate support and resources. Depending on your child's needs, these may include:

Occupational therapy | **Speech and language therapy** | **Dietetic input**

Is this the right service for my child?

THE CLINIC ASSESSES

The clinic assesses restricted eating patterns that are not related to current dysphagia, which means difficulty swallowing food or drink.

THE CLINIC DOES NOT

We do not assess for anorexia nervosa or bulimia nervosa, or accept referrals for the diagnosis or management of pica.

Request an assessment

www.drcassie.co.uk

Please complete our parent/carer referral form and send it with relevant attachments using the practice's confirmed referral contact details. If you do not have copies of previous reports or blood test results, please tell us on the form.

email: ahp@drcassie.co.uk tel: 01491822614