SYEDA

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

SYEDA receives a completed ARFID referral form.

(referral must be 11-25 years old)

Information provided in the referral form is then screened to check initial eligibility & then the individual/family member is contacted to discuss next steps.

During this contact, a SYEDA practitioner will check if a family member is actively involved in supporting the individual with their ARFID e.g., is responsible for food shopping and cooking.

No: Individual is responsible for their own eating including shopping & cooking.

Assessment completed with the individual who referred in to gather additional information.

Route 1: ARFID Group (if appropriate) – preferred option with 1:1 after if needed

Route 2: 1:1 individual work (if group is not running or client cannot attend)

YES: Family member actively involved & responsible for individual's eating.

Family & friends referral form completed by family member, followed by an assessment to confirm eligibility & gather additional information.

The family member attends a four-week course titled 'Not Just a Fussy Eater' to gain a better understanding of ARFID and sensory sensitivities related to food.

If support is still required, the loved one is reviewed and assessed for eligibility and demonstrates motivation for change.

One-to-one or group work commences as appropriate.

This is the standard ARFID pathway at SYEDA however, in exceptional circumstances, changes may need to be made to meet clinical need.