

EDFA

Will endeavour to facilitate and advocate for families and carers to ensure they are supported and, equipped and acknowledged as a central part of optimising the recovery process for the person with the eating disorder



~~Donations most welcome~~

CONTACT US @

edfa.org.au



EDFA will help you get the skills, knowledge and support you need to help your loved one through an eating disorder.





Welcome to Eating Disorders Families Australia (EDFA)

EDFA is an organisation established by a group of Australian parents who have cared for and treated a young person with an eating disorder, to advocate for the needs and roles of other parents during this experience

Why EDFA exists

Parents and families of children under 18 years & of adults 18 years & over, are vital to treatment and recovery, but not necessarily equipped or supported to be a part of this process.

It is best practice for all parents and families to be given the option and support to maximise their role in the care team.

EDFA's Vision:

An Australia where Eating Disorders struggle to emerge, thrive or persist.

Objectives

To guide parents & carers of a loved one with an eating disorder to appropriate resources & support

To advocate for parents & carers to be actively involved in the treatment team

To encourage good health & well-being for ALL family members during what can be an exhausting, frustrating, overwhelming & scary experience

EDFA's Role

EDFA will be a helpful resource to educate parents & carers on ways to tackle the ED & how to seek appropriate therapy while being included as part of the treatment team.

What is an Eating Disorder? (ED)

An ED occurs when one becomes unhealthily preoccupied with eating, food or body shape/weight. Defined by abnormal eating habits that negatively affect a person's physical & mental health.

EDs are NOT a choice, but serious & often life-threatening biological brain disorders. They have the highest mortality rate of ALL mental illnesses, from suicide or organ failure.

EDs are linked with both genetic and environmental factors and are often triggered by an external event, such as bullying, pressure from social media, cultural obsession with thinness, etc.

EDs are 10 times more prevalent in females, but can affect males as well. They are most common in adolescence, but are emerging at younger ages also.

Someone with an Eating Disorder needs serious & urgent medical treatment as well as help, support & understanding from family & friends

edfa.org.au