

## Senior Nutrition: Program Overview

- I. Program Description
- II. Program Requirements
- III. Contracting with City of Seattle
- IV. Current Services and Funding

### I. Program Overview

For over 30 years, the Senior Nutrition Program has helped older adults in King County improve their diet, health and well-being by providing home delivered and congregate meals.

These services are intended “To help increase the nutrient intake of older individuals who might not eat adequately, and through better nutrition, assist them to remain healthy and independent in their communities.” (Washington State Senior Nutrition Program Standards)

The Older American’s Act Senior Nutrition Program Purposes are to:

- **Promote health, wellness, and functionality.**  
Risk reduction, disease management and treatment (ie; diabetes and renal diets and support). Provide or refer to health promotion or disease prevention services, physical activities, medication management, etc.
- **Provide nutritious meals.**  
Meets 1/3 DRI, special needs such as health, ethnic or religious diets, and participant preferences/choice.
- **Reduce social isolation.**  
Community/group activities, social physical, cognitive. Active social engagement, volunteer opportunities. For Home Delivered- personal interaction, friendly visits, telephone reassurance.
- **Link to other social and rehabilitative services.**  
Other food & nutrition services, physical activities, fall prevention, medication management, etc. Other support services such as transportation, in-home or personal care.

**Congregate nutrition** services are served in a community setting, providing good nutrition and a positive and pleasant dining experience. In addition to the meal, congregate programs provide nutrition education, and usually offer fitness classes and other activities.

- 5 or more days/ week when feasible
- Group setting, such as community center, senior center, Adult Day Care, etc.
- Provide opportunities for socializing, nutrition education, physical exercise, community engagement opportunities

The **Home-Delivered nutrition** program delivers meals to homebound seniors in King County who are unable to prepare their own meals.

- Hot, cold, or frozen meals
- Delivered to the home of elders
- Nutrition Education, counseling
- Service is intended to maintain or improve the client's nutritional status, support independence, prevent institutionalization, allow earlier discharge from hospitals or other care facilities.

### Population Served

ADS is committed to providing services throughout the County, prioritizing services for persons with the highest economic and social needs.

Preference is given to older individuals with: Low-incomes, minority individuals, living in rural areas, limited English proficiency, severe disabilities, Alzheimer's or related disorders.

### Congregate Meal Participants

Eligible participant are people age 60 and over, living in King County. Others eligible for congregate meals include:

- Primary participant's spouse (regardless of age)

- Persons with disabilities who reside in the facility where the meal is provided, or live with and accompany an older individual to the meal site (even if under age 60).
- Persons providing volunteer services during the meal hours (even if under age 60).
- Unpaid adult caregiver whose meal is paid through title III E (Family Caregiver Support Program or other funds).

### **Home Delivered Meal Participants**

- Participants must be age 60 or over and live in King County; **and**
- Homebound: 'unable to leave home unassisted, and when leaving home takes considerable effort and strain. The person may leave home for medical treatment or occasional visits for health or religious services; **and**
- Unable to prepare meals for themselves because of disabling condition, lack of knowledge or skills, lack of means, lack of incentive to prepare meal and eat alone; **and**
- Vulnerable: unable to perform activities of daily living without assistance (eating, dressing, bathing, shopping, using telephone, etc.)AND Lacks informal support system: no family, friends, neighbors willing and able to provide needed assistance.

Others eligible for Home Delivered Meals include:

- Spouse of person receiving meals.
- Person with disability living with the participant (regardless of age).
- Persons volunteering with the service for home-delivered meals.
- Un-paid caregiver under age 60 whose meal is paid for through Title III E Family Caregiver Support Program or other funds.

## II. Service Requirements

- A registered dietician or an individual of comparable expertise must provide monitoring and oversight (menu development, nutrition analysis of meals, monitor food and serving safety and hygiene, provides nutrition education)
- Nutrition Risk Screening and basic enrollment information for all participants
- Reporting and data collection on participants served (both on paper, and on-line)
- Nutrition and Health Education must be provided for participants
- Assessments, in-home, at intake and annually for Home-Delivered meal participants
- Outreach: activities designed to reach and serve 'hard-to reach', isolated, vulnerable groups.
- Referral to Information and Assistance Programs.
- Information and Referral to Basic Food Program. The provider must inform participants of benefits available to them, coordinating with local agencies and CSO's as appropriate.
- Train all staff and volunteers. Ensure Food handler cards are up to date.
- Menu planning: provide nutritious meals, work with dietician or person of comparable expertise to ensure meals meet guidelines, participant input into meals/menus, and culturally appropriate food and dining.
- Food service, safety, and sanitation. Must meet guidelines and public health requirements to ensure pleasurable safe dining for everyone.
- Donation system must be provided to allow participants to contribute toward the meal program costs.

### **III. Contracting with the City of Seattle, Human Services Department**

Some crucial contract compliance areas include:

- Adequate insurance,
- Adequate accounting controls (checks and balances),
- Monthly payments are made on a reimbursement basis after services are delivered, so organizations must have funds available to cover expenses,
- A functioning board if a non-profit agency,
- Anti discrimination agreement with specific groups listed, culturally competent services and hiring,
- Ability to document client demographic and client services received, and submit reports in hard copy and on-line.

### **IV. ADS Funded 2008 Congregate & Home Delivered Nutrition Services**

Congregate

- Currently the Senior Congregate Program includes 10 contracts, 42 lunch sites, and plans to serve approximately 290,000 meals to 9,016 eligible seniors.
- The 2008 contracted budget is approximately \$1,943,248 (includes Federal funds from the Older American's Act -IIC1, NSIP- previously called USDA, and City of Seattle General Funds).

Home Delivered

- Currently the Senior Home Delivered Program includes 3 contracts, and plans to serve 2,284 home bound seniors, with 430,000 meals.
- The 2008 contracted budget is approximately \$989,371 (include Federal Funds from the Older American's Act -IIC2, NSIP- previously called USDA, and City of Seattle General Funds).