



Senior Nutrition Program

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Program Manager I

Older Americans Act

Senior Nutrition Services were established under the Older Americans Act

- to provide a vital link in maintaining the health and wellness of older adults
- to prevent premature institutionalization
- to maintain overall quality of life



El Dorado County Senior Nutrition Services

- Providing home delivered meals and
congregate dining for over 35 years
- Helping to maintain the health and
wellness of older adults through good
nutrition

Benefits of Senior Nutrition Services

- High quality, well balanced meals
- Improves nutritional status
- Reduces malnutrition risk
- Encourages independent living
- Provides social interaction
- Provides monthly up-to-date nutrition education material
- Provides an opportunity to connect with other valuable community resources

Home Delivered Meals

- Serving adults 60 years of age or older
- Temporary or long term basis, depending upon need
- Primarily homebound, living alone, unable to prepare a well balanced meal due to declining physical or mental health
- Monday through Friday delivery made possible by community volunteers
- Frozen meals for weekends and holidays are available upon request
- Suggested Donation \$3.00
- Able to provide a daily “check-in” on the status of the participant

Home Delivered Meals

- 24 routes serving the West Slope and South Lake Tahoe
- 350-400 meals prepared daily
- Majority of Clients are over 85
- 54% are women and 46% are men
- 53% are living alone
- Monitors improvement or decline
- Enables prolonged independence
- Gives peace of mind to family members

Examples of Concerns Volunteer Drivers May Report to Staff...

- Changes in behavior
- Physical appearance
- Potential neglect
- Noticeable overall decline
- Inappropriate caregiver activity
- Financial misconduct or abuse
- Feelings of depression

Staff Response

- Follow-up by staff may include contacting responsible family members
- Making referrals to other agencies or services to seek further intervention and assistance:
 - ~Adult Protective Services (APS)
 - ~Family Caregiver Support Program
 - ~Senior Peer Counseling
 - ~Home Energy Assistance Program (HEAP)

In cases of emergency...

- All Staff and Home Delivered Meal Drivers are instructed to **Call 911**
- Welfare Checks are also requested from local law enforcement when there are serious concerns about a participant's welfare.

Example...

- An elderly resident of a senior complex had several newspapers at her door. At the insistence of the Home Delivered Meal volunteer attempting to deliver her meal, management was asked to open the residence. The elderly participant was found trapped on the floor of her bathroom lodged between the toilet and her tub. She had been on the floor for several days before she was discovered. Paramedics were called immediately.

Reassurance is provided in other ways also...

- Mary is 73, legally blind with Macular Degeneration, living alone, no longer able to drive or safely prepare her own meals. Children live in other parts of the country. Although she knows she will eventually need to move, she wants to remain in her home for as long as possible.
- Dan is 64, suffered a severe stroke, is now confined to a wheelchair. He never married and has no extended family or close friends to assist him.
- Clara is 86 with early stages of Alzheimer's, living with a daughter who is 64 and overwhelmed with the care of her mother while she is still employed full time. Home delivery is one less worry for the daughter while her mother is alone during the day.

Congregate Meals

- 7 Community Dining Centers
- Hot, well-balanced, nutritious lunch available Monday through Friday with take home meals available upon request
- Encourages socialization, recreation, and vital mental engagement with others
- Reduces isolation, loneliness, depression
- Provides opportunity to learn about additional community resources
- Senior Activities, Trips, Crafts

Congregate Meals

- Serves adults 60 years of age or older
- No Reservations Necessary
- No Income Criteria Required
- Suggested Donation \$3.00
- Provides a social support network
- Assures the dignity of aging adults in a welcoming atmosphere
- Provides frequent contact with others that assures a “safety net” when noticeable changes are observed

And yet again, it's more than a meal...

- Joe was not seen at lunch for several days. When volunteers became concerned, staff followed up with a call to his family. It was learned that Joe had fallen, broken his hip and was in an area hospital. Volunteers and regular lunch participants forwarded a "Get Well" card to make sure Joe knew he was missed.

Volunteers make it possible

It takes a caring community of
many hands and faces...

Volunteers make this program work!