

National and Local Perspectives on Person-Centered Supports in Older Adult Nutrition Programs and Service Delivery

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NCAPPS



Welcome to Today's Webinar



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Thank you for joining us to learn about how the Meals on Wheels national network designs and adapts their nutrition services to meet the evolving and varied needs of older adults.

Today's webinar is sponsored by the National Center on Advancing Person-Centered Practices and Systems (NCAPPS).

NCAPPS is funded by the Administration for Community Living (ACL) and Centers for Medicare & Medicaid Services (CMS).

NCAPPS webinars are free and open to the public.

The goal of NCAPPS is to promote systems change that makes person-centered principles not just an aspiration but a reality in the lives of people across the lifespan.





Webinar Logistics

- Participants will be muted during this webinar. You can use the chat feature in Zoom to post questions and communicate with the hosts.
- Toward the end of the webinar, our speakers will have an opportunity to respond to questions that have been entered into chat.
- The webinar will be live captioned in English and live interpreted in Spanish.
 - Live English captions can be accessed by clicking the “CC” button at the bottom of your Zoom screen.
 - Live Spanish interpretation can be accessed by clicking the “interpretation” button at the bottom of your Zoom screen (world icon). Once in the Spanish channel, please silence the original audio.
 - Se puede acceder a la interpretación en español en vivo haciendo clic en el botón "interpretation" en la parte inferior de la pantalla de Zoom (icono del mundo). Una vez en el canal español, por favor silencie el audio original.
- This live webinar includes polls and evaluation questions. Please be prepared to interact during polling times.



Feedback and Follow-Up

- After the webinar, you can send follow-up questions and feedback about the webinar to NCAPPS@hsri.org.

(Please note that this email address is not monitored during the webinar.)

- The recorded webinar, along with a PDF version of the slides and a plain language summary, will be available within a few weeks at NCAPPS.acl.gov. We will also include questions and responses in the materials that are posted following the webinar.

Who's Here?

“In what role(s) do you self-identify? Select all that apply.”

1. Person with a disability/person who uses long-term services and supports
2. Family member/loved one of a person who uses long-term services and supports
3. Self-advocate/advocate
4. Peer specialist/peer mentor
5. Social worker, counselor, or care manager
6. Researcher/analyst
7. Community or faith-based service provider organization employee
8. Government employee (federal, state, tribal, or municipal)

Meet Our Speakers



**CARTER
FLORENCE**



**UCHE
AKOBUNDU**



**SHAUNA
FROST**



NATIONAL AND LOCAL PERSPECTIVES ON
PERSON-CENTERED SUPPORTS IN SENIOR
NUTRITION PROGRAMS AND SERVICE
DELIVERY

MEALS ON WHEELS AMERICA – MEALS ON WHEELS NEW MEXICO

OUR HISTORY & THE MEALS ON WHEELS SERVICE MODEL

CARTER FLORENCE



A PROVEN SOLUTION

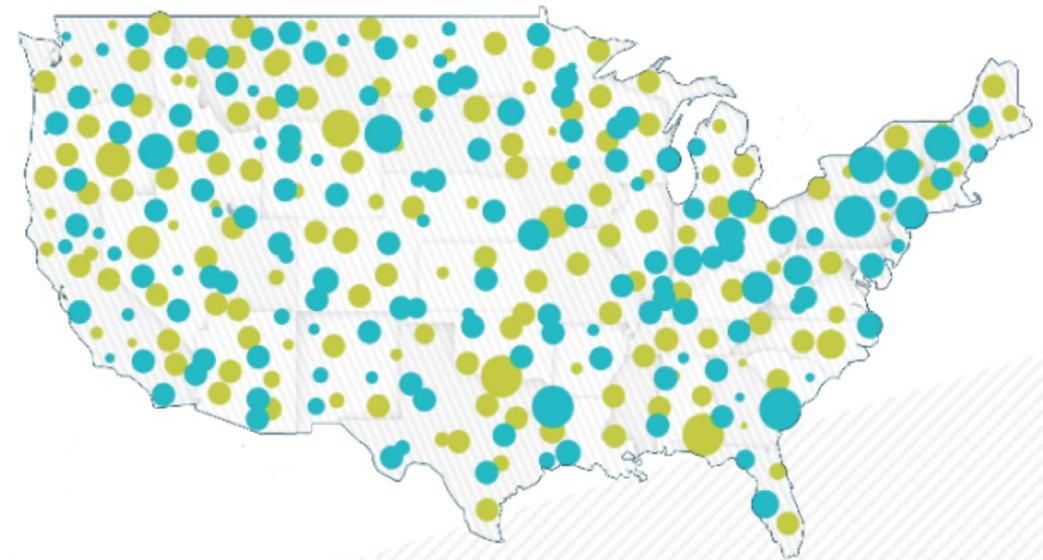
VISION: An America in which all seniors live nourished lives with independence and dignity

MISSION: To empower local Meals on Wheels programs to improve the health and quality of life of the seniors they serve so that no one is left hungry or isolated

Our grassroots network can be found in nearly every U.S. community, making a difference in those communities.

5,000 LOCAL PROGRAMS

ESTIMATE OF 500,000 VOLUNTEERS



A BIT OF OUR HISTORY

Neighbors helping neighbors

- 1954 – first known U.S. delivery of Meals on Wheels in Philadelphia.
- 1972 – Senior Nutrition Programs (SNPs) are included in the Older Americans Act (OAA), providing federal funding for Meals on Wheels programs.



OUR SOLUTION STARTS WITH THE MEAL

Tailored Nutrition

Serving meals designed to meet distinct needs and preferences of the community

Social Connection

Building and maintaining personal connections through meal delivery, programming and assistance



Safety

Assessing the environment and addressing identified hazards (directly or through referral)

Resources & Referrals

Sharing important information, connecting clients to additional services and responding to the emerging needs in the community

AND ENABLES US TO DELIVER SO MUCH MORE

OUR SOLUTION STARTS WITH THE MEAL

Improves health

- 77% say eating the meals improves their health
- 90% say they feel better as a result of receiving home delivered meals

Enables independence

- 92% say home-delivered meals help them continue to live independently



Provides Peace of Mind

- 87% say knowing that they will receive regular visits by the by the volunteer or driver made them feel safer at home
- 85% said they feel more secure as a result of the services they receive

Fosters Dignity and Respect

- 82% said they are better able to care for self as a result of the services
- 95% say they would recommend this service to a friend

AND ENABLES US TO DELIVER SO MUCH MORE (2)


MEETING THE NUTRITION NEEDS OF COMMUNITY-DWELLING OLDER ADULTS

UCHE AKOBUNDU

SETTING THE STAGE

FACING A GROWING PROBLEM

Our nation's senior population is growing exponentially, outpacing available resources and leaving more at risk of facing hunger and isolation.



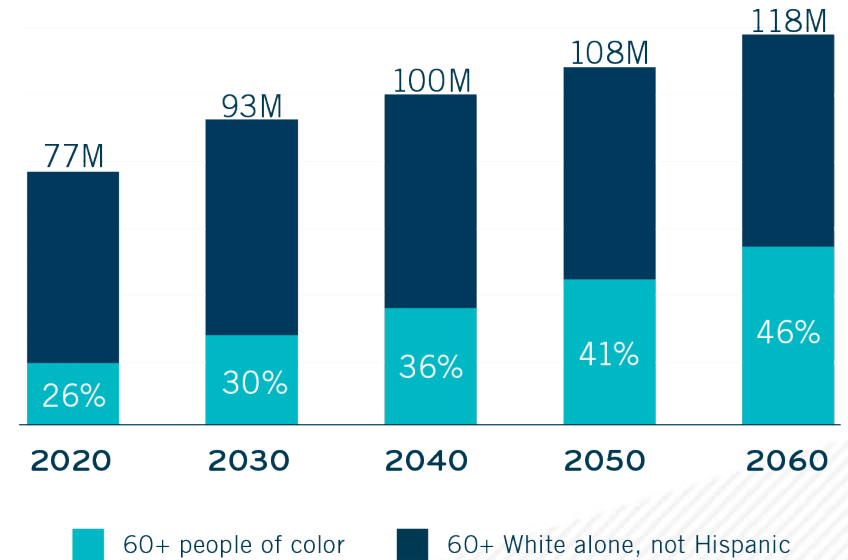
1 IN 4 AMERICANS IS 60+
with 12,000 more turning 60 every day

AMONG AMERICANS 60 AND OLDER:

- 13%** ARE VETERANS
- 29%** HAVE A DISABILITY
- 39%** LIVE ALONE

THIS POPULATION IS SET TO REACH 93M IN THE NEXT DECADE, with 118M EXPECTED BY 2060 – increasing the number of seniors today by more than half.

OLDER AMERICANS OF COLOR WILL CONTINUE TO MAKE UP AN INCREASINGLY LARGER PORTION OF THIS POPULATION.



MEETING THE NUTRITION NEEDS OF SENIORS

OLDER ADULTS ARE ALREADY AT HIGHER RISK OF MALNUTRITION
due to decreased appetite, mobility issues, prescription medications and more.



More than
247 MILLION MEALS
served annually



2.8 MILLION SENIORS
served annually



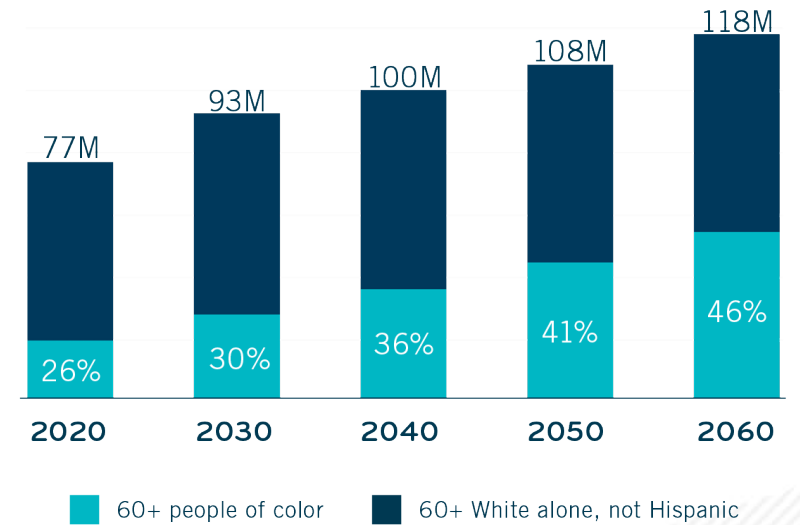
SUPPORTING THOSE MOST IN NEED

FOOD INSECURITY DISPROPORTIONATELY AFFECTS OLDER ADULTS OF COLOR:

- 17% OF BLACK SENIORS
- 14% OF HISPANIC SENIORS
- 10% OF SENIORS WHO IDENTIFIED AS ASIAN AMERICA, PACIFIC ISLANDER, NATIVE AMERICAN OR MULTI-RACIAL
- 6% OF NON-HISPANIC SENIORS
- 6% OF WHITE SENIORS

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AGE-RELATED NUTRITION NEEDS AND THE MEALS ON WHEELS SOLUTION



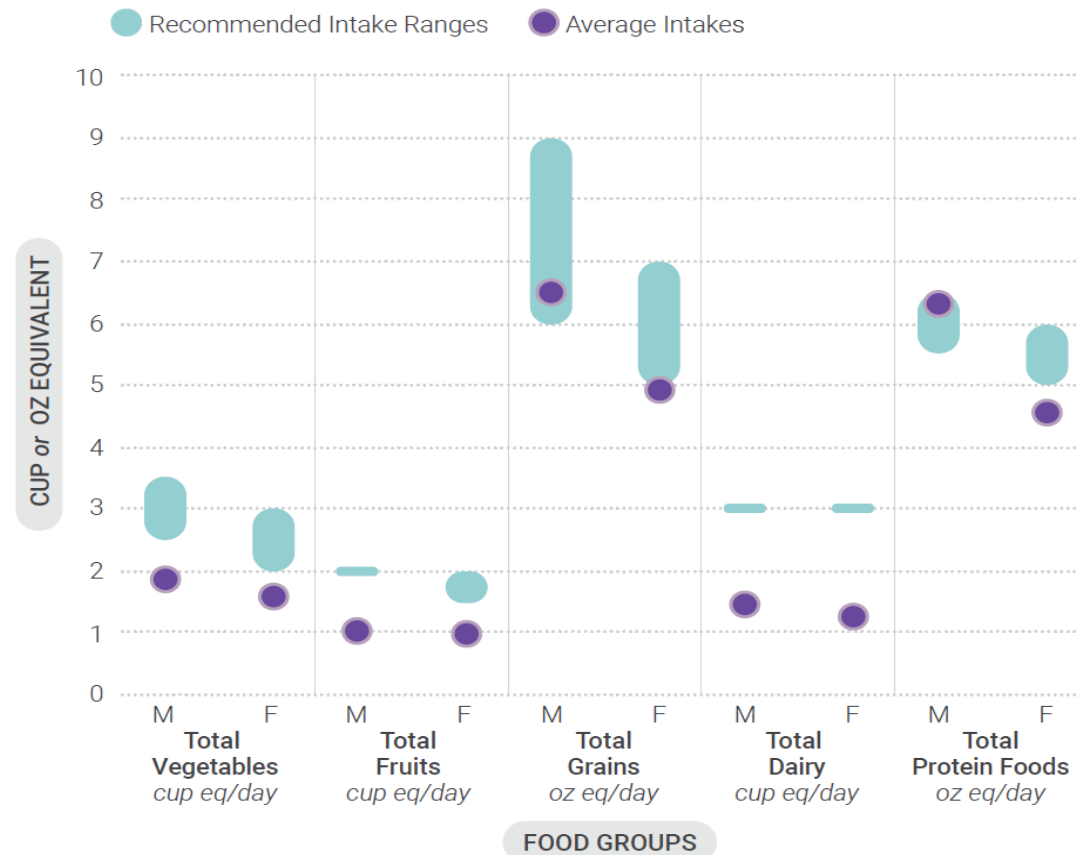
NUTRITIONAL INTAKES OF OLDER ADULTS (60+)

ROOM FOR IMPROVEMENT

Even before the COVID-19 pandemic, older adults were not meeting nutrient recommendations.

Current Intakes: Ages 60 and Older

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

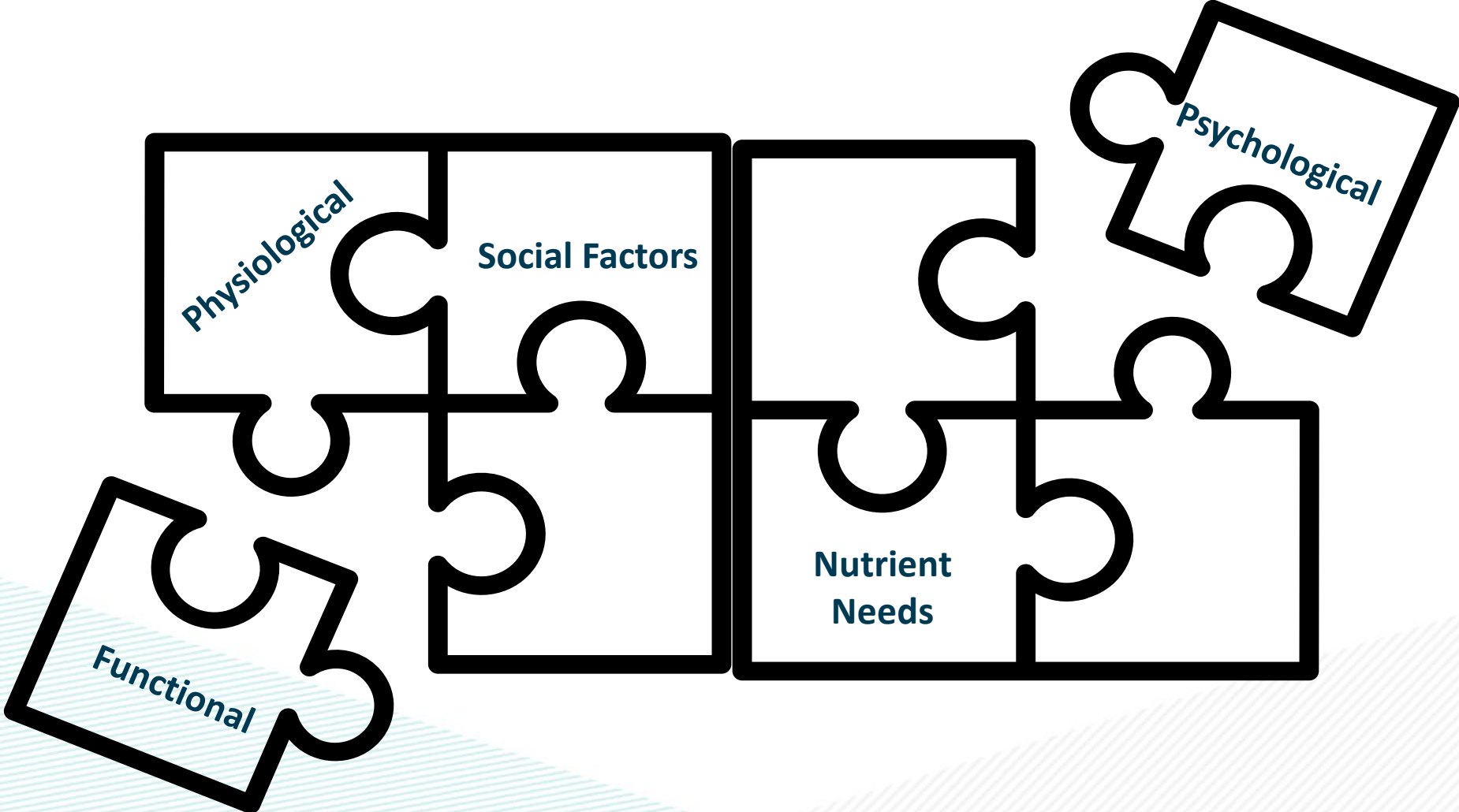


Healthy Eating Index Score (on a scale of 0-100)



Source:
https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

FACTORS AFFECTING THE NUTRITIONAL HEALTH OF OLDER ADULTS



NUTRITION NEEDS OF OLDER ADULTS

Eating foods appropriate for one's age and life stage is vital. Nutrition needs change as we age so certain nutrients become especially important for good health.

Key nutrient needs for older adults remain:

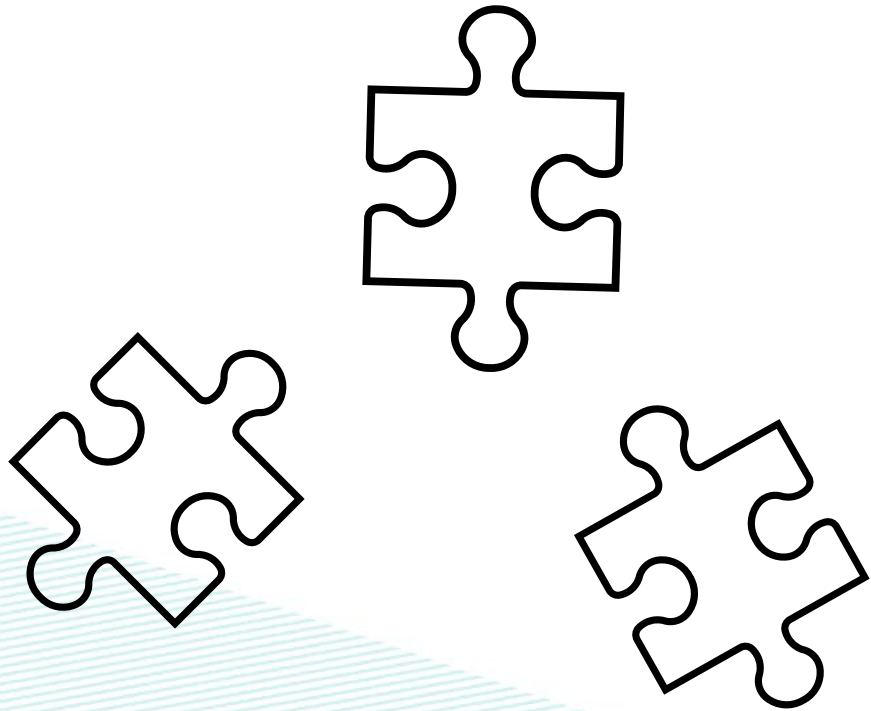
- Calcium
- Vitamins D, B6 and B12
- Protein
- Fiber



Source: Key Nutrient Needs of Older Adults <https://nutritionandagingresourcehub.org/practice-briefs/nutrient-briefs/>

PHYSIOLOGICAL & PSYCHO-SOCIAL CONSIDERATIONS

AS WE AGE



Natural Physiological Changes

- Changes in appetite
- Changes in thirst perception
- Changes in taste and smell
- Impaired nutrient absorption and utilization
- Poor oral health
- Changes in body composition

Age-Related Social and Psychological Factors

- Living alone
- Social isolation
- Depression
- Bereavement
- Changes in cognition

THE MEALS ON WHEELS SOLUTION



Socialization Needs

Meals are available in community settings for ambulatory seniors – offered together with engaging programming plus access to community resources.



Functional Needs

Meals are delivered to the home for homebound clients and their caregivers. Appropriate feeding utensils are available, as needed. Meals can be texture-modified.



Physiological and Nutrient Needs

Healthy, age-appropriate, nutrient-dense, portion-controlled meals that align with current dietary guidance are provided.

ROLE OF MEALS ON WHEELS PROGRAMS IN MEETING OLDER ADULT WELLNESS NEEDS

Foundational Purpose:

- Reduce hunger, food insecurity and malnutrition of older adults
- Promote socialization of older individuals
- Promote the health and well-being of older people (nutrition education & nutrition support)



NUTRITION SECURITY AND SERVICE EQUITY

TIMES THEY ARE A-CHANGIN’

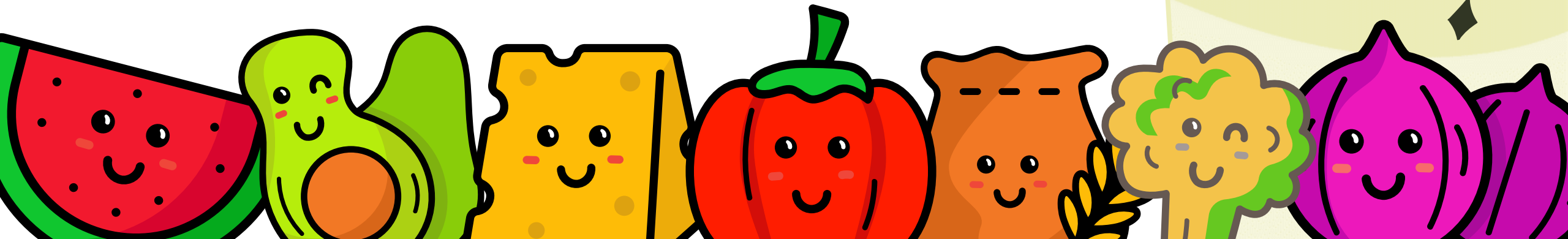
- Aging and nutrition network providers are exploring opportunities to expand outreach and service delivery to meet the needs of a changing client base, and address inequities in service delivery.
- There is growing realization that equity also includes access to the right foods to support one’s health. The shift recognizes that access to sufficient food is not enough – but that these foods need to be wholesome, appropriate, and nourishing for those consuming them – meeting both nutrition and wellness (medical) needs.

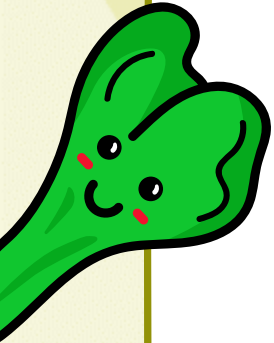
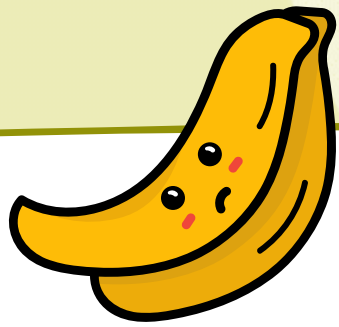


Sahyoun, N. Report on service equity in Older Americans Act Nutrition programs. Available at: https://acl.gov/sites/default/files/nutrition/Health%20Equity%20Final%20Report%20-%20Revised--Sept282022_508.pdf. Accessed: March 13, 2023.



MEALS
on WHEELS
NEW MEXICO

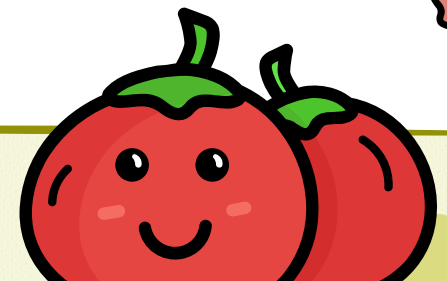
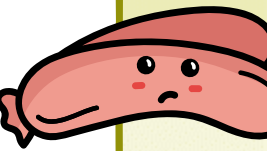




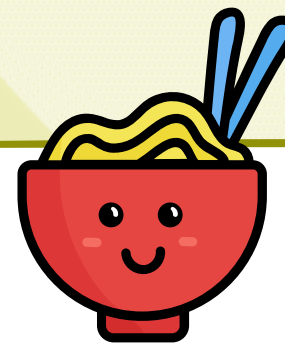
OUR MISSION OUTLINES OUR TWO MAJOR FOCUS AREAS:



Delivering healthy meals and friendship - neighbor to neighbor



OUR MEAL SERVICES

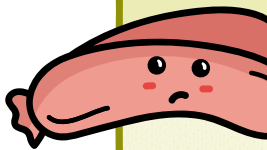


- Eight meal types
 - Regular
 - Heart Healthy
 - Diabetic
 - Renal
 - Vegetarian
 - 3 Textures: Pre-Cut, Mechanical, Puree
- Seven allergy/preference accommodations
- 10-week rotating menu
- Breakfast, lunch, and/or dinner
- Hot or Frozen



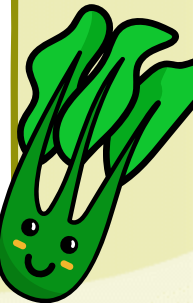
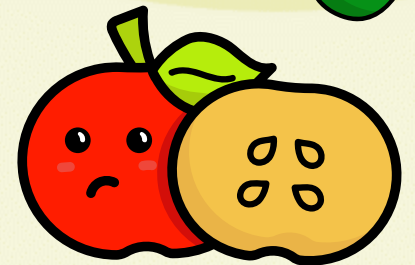
Our Clients:

- Choose their diet
- Choose their allergy and food preferences
- Choose hot or frozen
- Choose their delivery days



OUR QUALITY OF LIFE /FRIENDSHIP SERVICES

- ✦ Pet Program
- ✦ Weekend Pantry Program
- ✦ Newspaper Program
- ✦ Address painting
- ✦ Immediate needs pantry
- ✦ Partner services include house modification and companionship programs

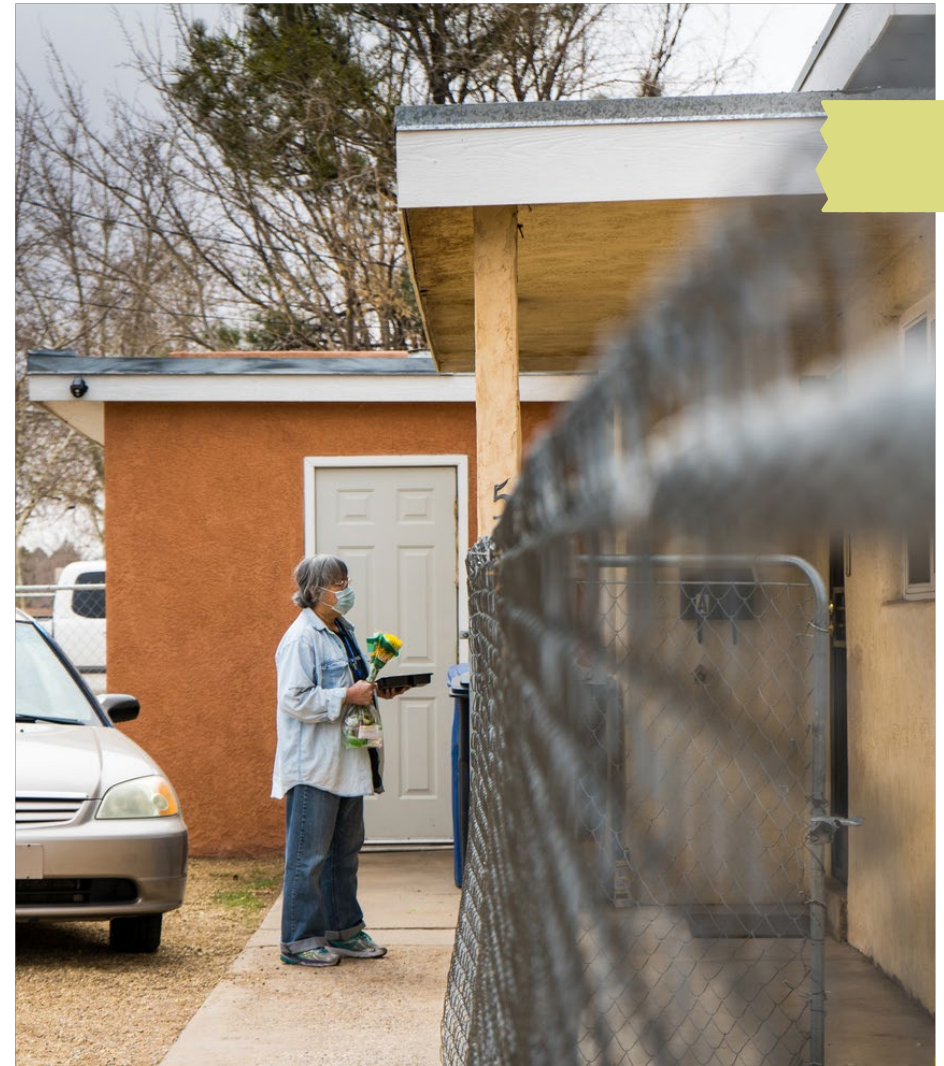
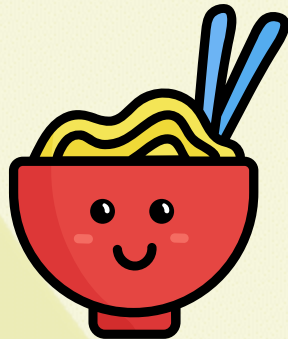
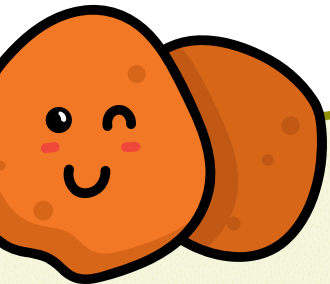


HOW DO WE KNOW? WE ASK!

- Intake survey
- New Client survey
- Client Exit survey
- Yearly client survey
- Change of Condition forms

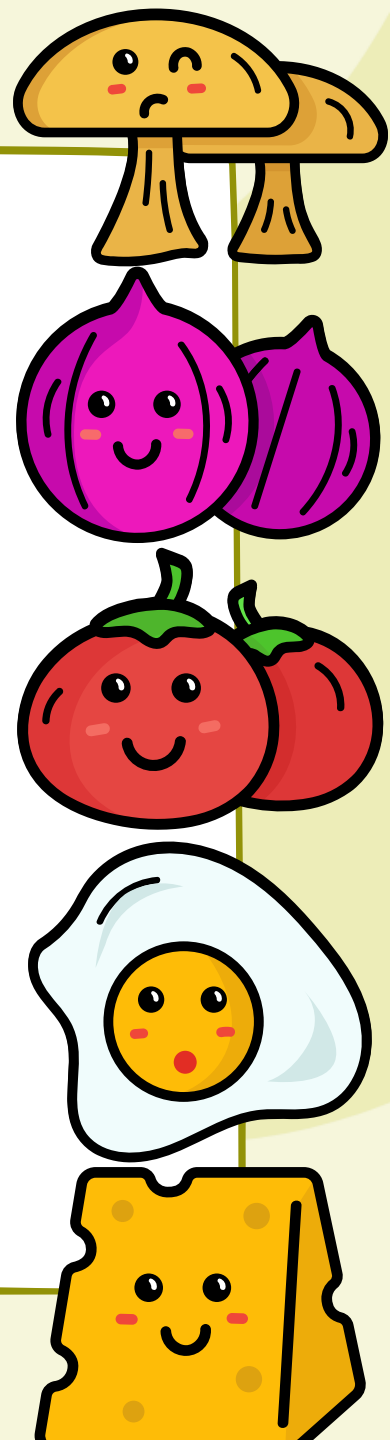
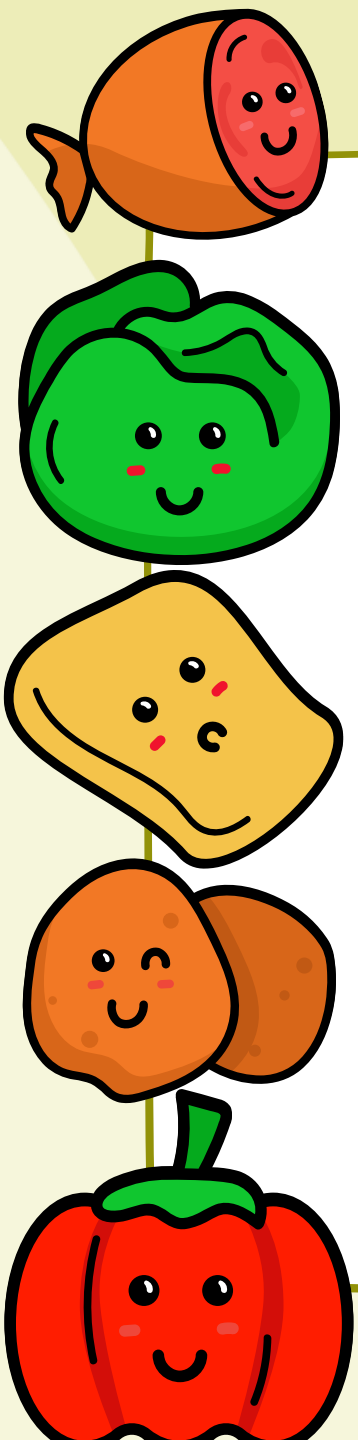
UPCOMING ADDITIONS

- Culturally appropriate meals
- Meal choice
- Quality of Life services including manicures, pedicures, hair care, shaving, and dental care





QUESTIONS?



Real-Time Evaluation Questions

- Please take a moment to respond to these six evaluation questions to help us deliver high-quality NCAPPS webinars.
- If you have suggestions on how we might improve NCAPPS webinars, or if you have ideas or requests for future webinar topics, please send us a note at NCAPPS@hsri.org

Real-Time Evaluation Questions (cont.)

- 1. Overall, how would you rate the quality of this webinar?**
- 2. How well did the webinar meet your expectations?**
- 3. Do you think the webinar was too long, too short, or about right?**
- 4. How likely are you to use this information in your work or day-to-day activities?**
- 5. How likely are you to share the recording of this webinar or the PDF slides with colleagues, people you provide services to, or friends?**
- 6. How could future webinars be improved?**

Thank You.

Register for upcoming webinars at

ncapps.acl.gov

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The content and views expressed in this webinar are those of the presenters and do not necessarily reflect that of Centers for Medicare and Medicaid Services (CMS) or the Administration for Community Living (ACL) .

