

California Department of Aging
Older Americans Act Title III C-2
Home Delivered Nutrition Program Narrative

Program / Element / Component – 10.20

Description

Home-Delivered Nutrition provides nutritious meals, nutrition education, and nutrition risk screening to individuals 60 years of age or over who are homebound by reason of illness or disability, or who are otherwise isolated. Program goals are targeted to the reduction of social isolation and the promotion of better health through nutrition. Meals meet nutritional standards by incorporating the Dietary Guidelines for Americans and providing a minimum of one-third of the Dietary Reference Intakes.

Most home-delivered meal programs provide their clients with a hot meal five days a week delivered by staff or volunteer drivers. In addition, nutrition education is provided and nutrition counseling may be available.

The Program is funded by the federal Older Americans Act (OAA), the State General Fund, participant donations, local funds as well as grants and non-participant donations. Services are provided through a network of 33 Area Agencies on Aging (AAA) and their contracted service providers.

Benefits

The provision of meals to homebound eligible individuals is a vital service which in many cases facilitates the individuals ability to remain independent and in their own home. This prevents premature institutionalization and its associated costs.

Eligibility

Individuals eligible for Tile III C-2 nutrition services must be 60 years of age or older who are homebound by reason of illness, incapacity, disability, or are otherwise isolated. Spouses and caregivers of eligible participants, regardless of age, may receive meals if it is deemed beneficial to the participant. An individual with a disability who resides at home with an older individual may receive a meal if it is deemed in the best interest of the homebound senior. The OAA emphasizes serving individuals in greatest economic or social need, seniors living in rural areas, and seniors who are low-income minorities.

Access

Information on how to qualify and receive Home-Delivered Meal services can be obtained by calling the statewide toll free line at **1-800-510-2020**, the local AAA listed in the blue bordered pages of the Community Services Section of the telephone book under Senior Information and Referral/Assistance, or access the California Department of Aging website at www.aging.ca.gov.

Background

Authorized under Title III C-2 of the OAA, this program has a five percent State matching requirement in Local Assistance. Actual State funds have grown through Budget Act augmentations, federal reduction back-fills, and special legislation, resulting in State match plus additional funds committed to the Program. Because of the Senior Nutrition Maintenance and Home-Delivered Meals Act of 1984 (CH 616/84), State funding is significantly higher than for Congregate Nutrition. The funds appropriated by CH 616/84 have been annualized in the Budget Act. AAAs also provide match funds plus additional funds committed to the Program.

The Nutrition Services Incentive Program is an allotment of funds provided by the Administration on Aging. The purpose of the funds is to provide incentives and to reward improved performance by states in the effective delivery of nutritious meals to older individuals. Funds received must be used to purchase food for use in the nutrition projects.