

Home-delivered Meals

FACT SHEET



Photo Credit: The Enquirer/Tony Jones

As we age, it's more important than ever to eat healthful foods. Good nutrition also helps manage chronic illnesses such as diabetes. Home-delivered meals - Meals on Wheels - are the answer for many homebound seniors.

Meals on Wheels: *Nutrition to Your Door*

For many older adults, getting at least one nutritious meal a day can be a challenge. Physical disability, illness, and lack of support or transportation are common barriers that prevent many seniors from preparing food or traveling to a group meal location such as a church or senior center.

To give older adults access to nutritious meals, Council on Aging of Southwestern Ohio (COA) provides home-delivered meals through three programs: (1) the U.S. Administration on Aging's Elderly Nutrition Program, (2) PASSPORT (Ohio's Medicaid waiver home care program) and (3) locally-funded Elderly Services Programs. Each year, COA provides nearly 2 million meals to nearly 12,000 homebound older adults in Butler, Clermont, Clinton, Hamilton and Warren counties.

Who is eligible?

Eligibility for home-delivered meals is determined by nutritional need – not financial need. Meals on Wheels recipients can afford groceries, but for one reason or another, they cannot cook for themselves or travel to a group meal site, and they do not have daily help to prepare meals.

To qualify for home-delivered meals, you must be:

- At least 60 years old
- Unable to safely prepare a meal
- Unable to get help from others to prepare a meal
- Unable to get to a group meal site, such as a church or senior center
- Unable to leave your home due to health problems
- The spouse of someone receiving home-delivered meals

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More About Home-delivered Meals

Keeping older adults healthy and independent in their own homes

One of the goals of the home-delivered meals program is to improve the nutrition of homebound older adults. All meals provide at least one-third of the government's daily-recommended dietary allowances.

A meal is prepared by one of our high-quality meal providers and delivered directly to your door by a friendly volunteer or staff person. Meals are usually delivered chilled or frozen, but can be delivered hot if needed. They can be prepared to meet special dietary needs (diabetic, allergies, dietary restrictions, etc.).

Council on Aging's mission is to enhance the lives of older adults by assisting them to remain independent at home through a range of quality services. Home-delivered meals are an important part of that mission and one of many other services offered through COA that promote independence.

Meals on Wheels also offers many homebound older adults a sense of connection to the outside world. Meal deliverers check on the welfare of the homebound elderly and often become friends. They are trained to report any health or other problems they may notice during their visits.

Donations expand this public service

Home-delivered meals are free of charge. However, our funding does not cover the full cost of preparing and delivering meals. Your donation will allow us to reach out to more homebound seniors and help with the increasing cost for preparation and delivery. Donations of any size are accepted and appreciated. Your meal provider will explain how you may make a donation.



"I am a widow and have to cook for one. If it weren't for the [home-delivered] meals, I wouldn't be able to stay in my home. The volunteers are wonderful people and the meals go along with my special diet... It is a great blessing all the way around."

~ Ruth, of Price Hill, receives home-delivered meals from Santa Maria Community Services

Find out if you or someone you know qualifies for home-delivered meals

For information about receiving home-delivered meals, call the number for your county of residence below.

- Butler County: (513) 868-9281
- Clermont County: (513) 724-1255
- Clinton County: (937) 382-7170
- Hamilton County: (513) 721-1025
- Warren County: (513) 695-2271

Visit us online: www.help4seniors.org

Southwestern Ohio's Area Agency on Aging Since 1974

Council on Aging is designated by the state of Ohio to serve the older adults of Butler, Clermont, Clinton, Hamilton and Warren counties. We are experts on aging with a variety of programs available as free and low-cost public services. **Our mission:** Enhance the lives of adults by assisting them to remain independent at home through a range of quality services.