

Nutrition Programs for Older Adults

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Rachel Coates, Bureau Director

Aging and Disability Services, Community
Supports and Coordination, DHS



All AAAs offer five core services under the OAA:



The average AAA offers more than a dozen additional services.

The most common non-core services offered by AAAs are:

- Insurance Counseling (85%)
- Case Management (82%)
- Senior Medicare Patrol (44%)

Nutrition Programs for Older Adults

Grocery Shopping and Meal
Prep Supports (IADLs)

Senior Farmers Market
Program

Community organizations
(AFAC, ANV)

Social 60+ Cafés

Meals on Wheels

Nutrition Education and
Counseling

National Council on Aging
Benefits Check-Up
[https://www.benefitscheckup
.org/](https://www.benefitscheckup.org/)

Home-Delivered Meals / Meals on Wheels

- Mandated by the Federal Older Americans Act (OAA)
- Federal/state funded
- Administered locally by the Arlington Area Agency on Aging (AAA), part of DHS
- Enhance nutrition and socialization for home-bound adults so that they may remain independent in the community and link with other supportive home and community-based services.

Arlington
County
Aging and
Disability/
AAA (DHS)

- Screens for eligibility
- Completes assessments and reassessments
- Pays for meals
- Nutrition education and counseling
- Menu planning and review
- Customer satisfaction surveys
- Monitoring visits
- Compliance with state service standards

Meals on
Wheels
Arlington

- Accepts new referrals
- Creates and updates routes
- Delivers meals
- Recruit volunteers
- Fundraising

Jeffrey's
Catering

- Prepares meals
- Delivers to central location

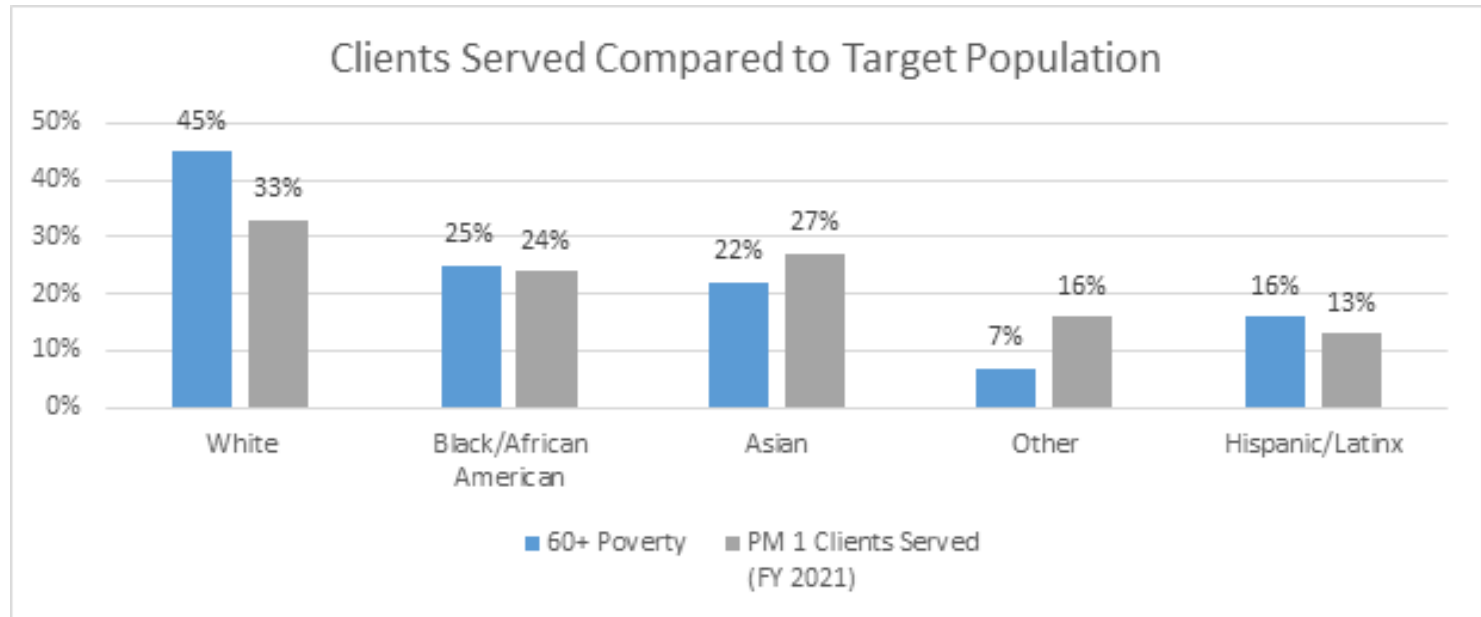
COVID Response: Food Insecurity

- Meals on Wheels (Bulk delivery (2,000+ meals) + Daily route)
- Social 60+ cafés - home delivered meals to participants (175 meals per week)
- Independent Living residences – home delivered meals (Arlington Community Foundation grant (~15,000 meals)
- AFAC grocery delivery (serving 60 individuals / households per week)
- Friendly Callers (Calling Angels)

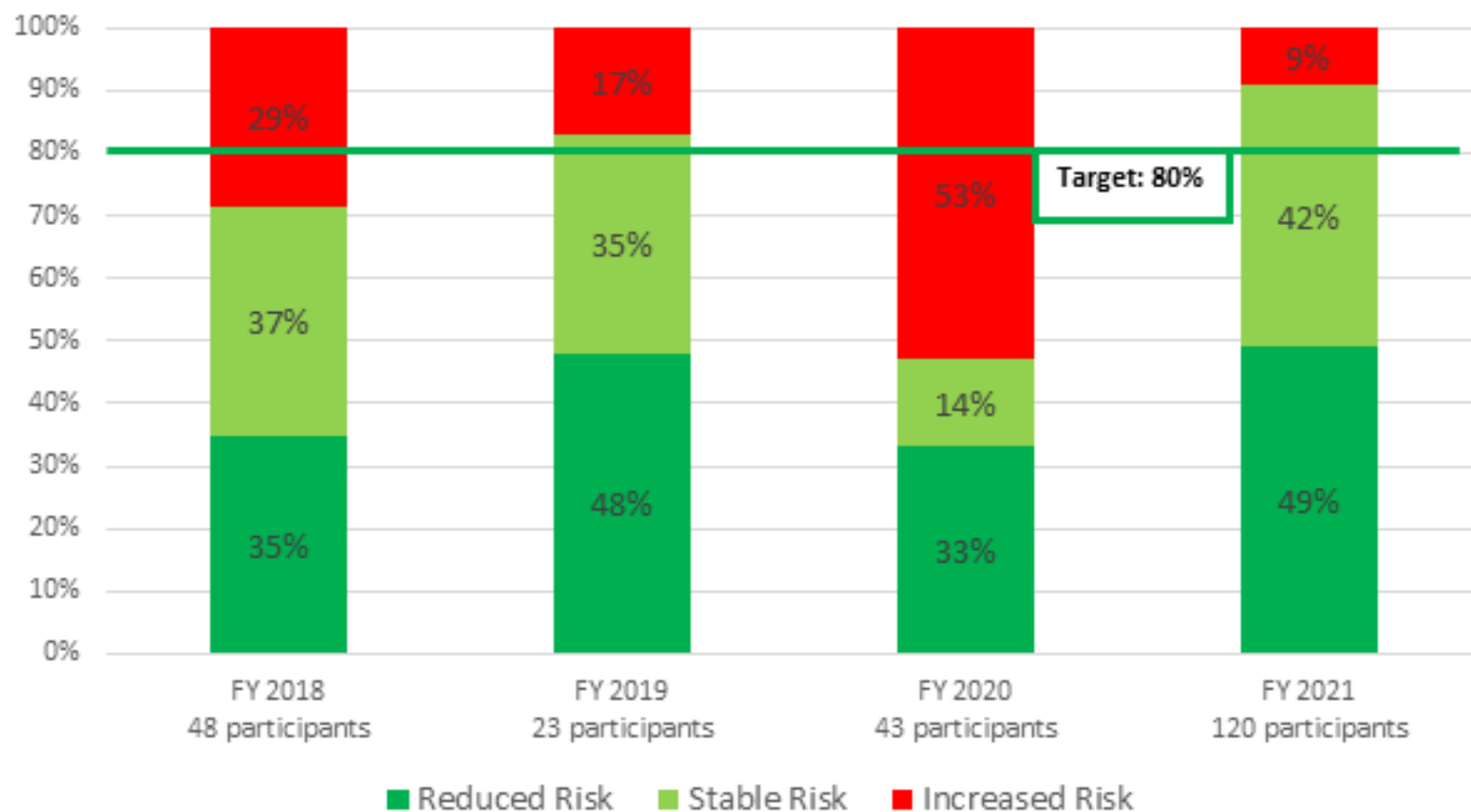


Individuals Served

| | FY 2018 | FY 2019 | FY 2020 | FY 2021 |
|----------------------|---------|---------|---------|---------|
| Participants | 153 | 192 | 310 | 453 |
| Participants Age 80+ | 50 | 40 | 52 | 193 |
| Meals Delivered | 39,307 | 54,297 | 77,133 | 97,294 |



Percentage of participants with reduced or stable nutritional risk



Red Flags for Malnutrition for Older Adults

**Report locally:
703-228-1700**

**Report to
1-888-832-
3858 (toll free
24-hr)**

Insufficient calorie intake

Difficulty managing IADLs
and ADLS

Bodily changes - obvious
weight loss or gain,
increased frailty

In the kitchen, signs of
forgetfulness, perishables
well past their
expiration date, moldy
food, hoarding conditions

Self-Neglect – the failure to
provide oneself with the
necessities of life: food,
clothing, shelter, needed
medical care

Increased risk of falls and
other serious health
conditions, frailty

Virginia Roadmap to End Hunger

- Food insecure older adults are 2.33 times more likely to report being in poor or fair health compared to food secure older adults.
- 75% of eligible Virginia older adults participate in SNAP

Goals Outlined:

- Increase SNAP participation rate to 90%
- Expand Senior Farmers Market
- Develop options to expand home-delivered meals for older adults and individuals with disabilities as a Medicaid covered service.



Contact Information

Arlington Aging and
Disability Services

arlaaa@arlingtonva.us

703-228-1700 (main)

- <https://www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Nutrition>