Older Americans Act Nutrition Program

Nutrition Services
Older Americans Act

- Purpose
  - Reduce hunger and food insecurity
  - Promote socialization
  - Promote health and well-being

Older Americans Act

- Established in 1965
- Nutrition program established in 1972
  - No income requirements
  - Forbids means-testing

Alabama’s Aging Network

- Made up of 13 Planning and Service Areas designated under the Older Americans Act as Area Agencies on Aging
- 350+ Senior Centers

OAA Section 339 Requirements:

- Meals - science and evidenced based
- Dietary guidelines for Americans, 2005
- Provide 1/3 DRIs per meal
- Abide by state and foodservice laws

OAA Requires:

- Meals may be served only to individuals
  - Age 60 and over
  - Spouses of individuals age 60 and over of clients
  - Individuals with a handicap or disability under age 60 residing with a client age 60 or older
Title III C-1

- Congregate nutrition services (C-1)
  - Five or more days a week
  - Congregate setting, including adult day care
  - Nutrition screening, assessment, education and counseling to older adults, including caregivers

Title III C-2

- Home delivered nutrition services for homebound persons (C-2)
  - Hot, cold, frozen, dried, canned or supplemental meals
  - Nutrition screening, assessment, education and counseling to older adults, including caregivers

Aging Population – Increases Need for Services

- Number of rural elderly
  - Population density may not support congregate meal programs
  - Candidates for alternative meal services such as frozen meals
  - Often require transportation assistance

Aging Population – Increases Need for Services

- Number of clients at poverty level
  - Increases demand for a second meal and week-end meals
  - Often require transportation assistance

Aging Population – Increases Need for Services

- Number of frail elderly
  - Increases demand for home delivered meals
  - Increases demand for a second meal and week-end meals
  - Possible demand for liquid supplements

Home Delivered Meals Eligibility Criteria

- Age 60 or older
- Homebound due to illness or incapacitating disability
- Unable to prepare meals
- No person available to assist with meal preparation
- Preference to those with greatest social need
- No available congregate setting
Frozen Meals

- Client must
  - Have freezer and refrigerator space
  - Have operational stove or microwave
  - Be able to manage meal storage and preparation

Breakfast Meals

- Consist of cold/room temperature items
- Must be served in combination with the lunch meal

Frozen and Breakfast Meals

- Client delivery service quickly can be initiated quickly
- Available in meal packs of five and seven meals (Medicaid only has 7)
- Client must be able to manage meal storage and preparation
- Ideal for serving isolated seniors

Frozen and Breakfast Meals

- No volunteers available to deliver meals
- Senior Center is no longer a viable option
- No minimum number to receive client delivery

How Many Meals do We Serve in Alabama? (Oct 2006 to April 2007)

- Congregate Meals (C-1)
  - 1,029,985 Hot meals
  - 7,127 Breakfast meals
  - 4,073 Frozen meals
  - 1,671 Liquid supplement meals
  - 5,007 Shelf stable

How Many Meals do We Serve in Alabama? (Oct 2006 to April 2007)

- Home Delivered (C-2)
  - 802,134 Hot meals
  - 193,313 Frozen meals
  - 6,712 Breakfast meals
  - 7,906 Liquid supplements
  - 11,525 Shelf stable
How Many Meals do We Serve in Alabama? (Oct 2006 to April 2007)

- Medicaid Waiver (ADSS)
  - 57,194 Frozen meals (7 packs)
  - 27,656 Breakfast meals (7 packs)
  - 1,044 Shelf stable (2 packs)

How Many Meals do We Serve in Alabama? (Oct 2006 to April 2007)

- Medicaid Waiver (ADPH)
  - 56,774 Frozen meals (7 packs)
  - 33,159 Breakfast meals (7 packs)
  - 1,268 Shelf stable (2 packs)

How Do I Choose?

- Is your client eligible for Medicaid Waiver (MW)?
  - If client is not eligible for MW, does he/she qualify for OAA Title III meals?
    - If so, contact the Area Agency on Aging for that county. Find the AAA on our website www.Ageline.net

How Do I Choose?

- Would a Senior Center benefit this client?
  - If so, contact the Area Agency on Aging for that county. Find the AAA on our website www.Ageline.net

In Summary, OAA Requires Title III Meals to:

- Be served to individuals
  - Age 60 and over
  - Spouses of clients age 60 and over
  - Individuals that have a handicap or disability under age 60 residing with a client age 60 or older
  - Provide 1/3 DRI per meal

Medicaid Waiver

- Clients must meet eligibility requirements based on the scope of service for the home delivered meals of the Elderly/Disabled Waiver.
ADSS State Nutritionists
Contact Information

• Mary Ann Ostrye, RD, LD
  MaryAnn.Ostrye@adss.alabama.gov
  Phone: 334-242-5757

• Mary Anne Porzig, MPH, RD/LD, CHES
  MaryAnne.Porzig@adss.alabama.gov
  Phone: 334-242-5788

Produced by the
Video Communications
&
Distance Learning Division
Alabama Department of Public Health
(334) 206-5618
alphtn@adph.state.al.us
July, 2007