

MEALS ON WHEELS HELPS HER STAY IN HER OWN HOME

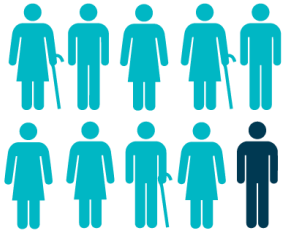


Nutrition • In-Home Safety • Socialization • Community Connections

OFFERING MORE THAN JUST A MEAL



MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR OWN HOMES, WHERE THEY WANT TO BE.



9 OUT OF 10 RECIPIENTS
say Meals on Wheels helps
them feel more secure



Meals on Wheels helps keep
8 OUT OF 10 RECIPIENTS who have
previously fallen from falling again



59% of home-delivered meal recipients live alone, and for many of them, the person delivering the meal is the only person they will see that day.



MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME

MORE THAN A MEAL PILOT RESEARCH STUDY

THE IMPACT OF MEAL SERVICE DELIVERY ON THE HEALTH AND WELL-BEING OF ADULTS 60 YEARS OF AGE AND OLDER

- A senior who receives daily-delivered meals experiences the greatest improvement in health and quality of life compared to a senior who receives frozen, weekly-delivered meals or no meals at all



MORE THAN A MEAL PILOT RESEARCH STUDY

THE IMPACT OF MEAL SERVICE DELIVERY ON THE HEALTH AND WELL-BEING OF ADULTS 60 YEARS OF AGE AND OLDER

- When compared with a senior who receives just frozen meals only once a week, a senior who receives daily-delivered meals is more likely to:



ATTRIBUTE THE MEALS
TO MAKING THEM
FEEL SAFER



REPORT THAT THE
MEALS HELPED THEM TO
EAT HEALTHIER



NOTE THAT THE
MEALS RESULTED IN
LESS LONELINESS

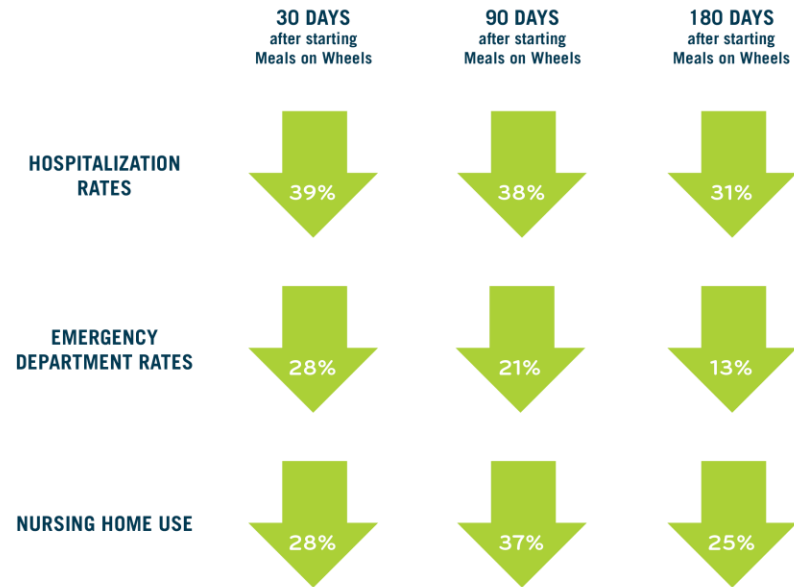
- A senior who lives alone and receives daily-delivered meals is less likely to worry about being able to remain at home and to have feelings of isolation and loneliness

MORE THAN A MEAL MEDICARE CLAIMS ANALYSES

THE IMPACT OF HOME-DELIVERED MEALS ON OVERALL HEALTH AND ASSOCIATED USE OF HEALTHCARE SERVICES

- 14,000 Medicare beneficiaries who received Meals on Wheels services between 2009 and 2014 were compiled from 13 Meals on Wheels programs across six states
- Healthcare utilization and costs were compared for Meals on Wheels clients prior to and following receipt of Meals on Wheels services over a 30-, 90- and 180-day period

MEALS ON WHEELS RECIPIENTS' UTILIZATION RATES



More Than a Meal Medicare Claims Analyses, Meals on Wheels America, 2017

THANK YOU



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MEALS on WHEELS AMERICA

TOGETHER, WE CAN DELIVER®