MEALS ON WHEELS HELPS HER STAY IN HER OWN HOME

Nutrition  •  In-Home Safety  •  Socialization  •  Community Connections
COMMUNITY CONNECTIONS

Monitoring needs as they change, connecting seniors to services

- Care coordination
- Transportation

NUTRITION

Meeting seniors’ nutritional needs

- Home-delivered meals
- Congregate meals
- Medical meals
- Nutrition education
- Nutrition counseling
- Nutrition assessments
- SNAP application assistance
- Coordination of USDA Food Assistance programs
- Meal packs upon hospital discharge
- Grocery assistance/delivery

SAFETY

Helping seniors feel safe and secure in their homes

- In-home assessments
- Safety programs
- Home repair programs
- Medication management

SOCIALIZATION

Providing companionship

- Senior companion services
- Telephone reassurance
- Pet assistance and/or pet food delivery

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.

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.

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

- Improvement in mental health (i.e., anxiety)
- Improvement in self-rated health
- Reductions in the rate of falls
- Improvement in feelings of isolation and loneliness
- Reductions in worrying about being able to remain at 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

• 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 RECEIPIENTS' UTILIZATION RATES

- Hospitalization Rates:
  - 30 days after starting Meals on Wheels: 39%
  - 90 days after starting Meals on Wheels: 38%
  - 180 days after starting Meals on Wheels: 31%

- Emergency Department Rates:
  - 30 days after starting Meals on Wheels: 28%
  - 90 days after starting Meals on Wheels: 21%
  - 180 days after starting Meals on Wheels: 13%

- Nursing Home Use:
  - 30 days after starting Meals on Wheels: 28%
  - 90 days after starting Meals on Wheels: 37%
  - 180 days after starting Meals on Wheels: 25%

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

Lucy Theilheimer
Chief Strategy and Impact Officer
Meals on Wheels America
lucy@mealsonwheelsamerica.org