

All services shall comply with Provider and Service Conditions of Participation (unless an exemption has been approved).

Nutrition Services

Meals, Education & Counseling

Meals

Grantees serve at least one hot or other appropriate meal per day (except under relevant limiting circumstances) and any additional meals which the provider elects to offer. Each meal is served as a complete unit containing adequate food components to meet program nutrient requirements.

Congregate Meals – unit 1 meal

A meal that is served to an eligible individual at a congregate setting that is open to the public; includes adult day care facilities and multigenerational meal sites (schools).

Home Delivered Meals – unit 1 meal

A meal that is delivered at a scheduled time to an eligible individual at their residence. Meals may be delivered hot, cold, or frozen. Meals that are not ready to eat require confirmation by the senior that they have the capacity for safe storage and have the equipment to reheat if applicable.

Education & Counseling

Services that promote better health for seniors through sessions that are overseen by a dietitian or individual with comparable expertise.

Nutrition Education – unit 1 hour

Grantees establish and conduct group sessions to provide accurate and culturally sensitive nutrition information and activities, development of knowledge, and discussion, in a group or individual setting overseen by a Registered Dietitian or individual with comparable expertise.

Nutrition Counseling – unit 1 hour

Grantees provide the senior (and/or caregiver) private consultation by a nutrition professional in accordance with state law by a Registered Dietitian or Licensed Nutritionist. Counseling addresses the options and methods for improving nutrition status. Nutrition Counseling is specific to identified nutrition risk due to:

- a) Nutrition and health history
- b) Inadequate dietary intake
- c) Diet prescription
- d) Medication use
- e) Acute or chronic condition

Transportation Services

Transportation & Assisted Transportation

- a) Services that provide a means of vehicular conveyance from one location to another and do not include any other activity. Providers must follow Americans with Disabilities Act (ADA) for individuals using mobility devices.

Transportation – unit 1 one way board and get off at destination

One way board and disembark at destination; transport from one location to another which does not include any other activity.

Assisted Transportation – unit 1 one way board and get off at destination

Assistance and transportation, including escort, to a person who has difficulties, (physical or cognitive), using regular vehicular transportation.

- a) Assisted Transportation may involve a personal designated escort present for the duration of the ride, from point of origin to destination or a helpful driver who escorts individuals to the vehicle or to the door of the departure location
- b) An escort may be a friend, family member, Personal Care Attendant (PCA), etc.
- c) An escort that is age 60 or more may be counted for (unassisted) Transportation
- d) An underage escort is not counted as receiving a service and is not charged for the ride
- e) An escort arrangement may serve more than one consumer at a time, if that is appropriate to the needs of the consumers
- f) Assisted Transportation must involve a vehicle, escorting while walking is not assisted transportation

Support Services

Homemaker, Outreach, Information & Assistance, Statewide Community, Legal, & Media

Homemaker – unit 1 hour

Provide assistance to individuals with the inability to perform one or more instrumental activities of daily living. Homemaker services may be performed in the consumer's home, in the community, and at a Senior Center such as when an eligible senior brings in their bills and an individual writes the checks for signature or provides assistance with telephone calls. Providing an errand for a specific purpose to an eligible senior (with ADLs and/or IADLs) such as delivering medication that contributes to a senior's health, well-being, and independence may be counted as a Homemaker service.

Homemaker services include:

- a) Assistance with preparing meals,
- b) Shopping for personal items,
- c) Managing money,
- d) Using the telephone
- e) Doing light housework
- f) Errands

Outreach - unit 1 contact or 1 public information activity

Activities initiated by an agency or organization for the purpose of identifying potential consumers and/or their caregivers and encouraging the use of existing services and benefits. Cooperative agreements are strongly encouraged. There are two types of Outreach:

- a) One on one contact - Intervention with an individual and/or caregiver initiated by an agency or organization for the purpose of identifying potential consumers and encouraging their use of existing services and benefits
- b) Public Information - Activity that involves contact with groups of multiple current or potential consumers and/or their caregivers to inform them of services and benefits available; for example, group presentations, publications, publicity campaigns, and other mass media activities

Information & Assistance – unit 1 contact

- a) Information - Disseminate current and comprehensive information regarding opportunities and services available for participating (and non-participating) consumers, including information relating to assistive technology
- b) Assistance - Assist Seniors and their caregivers to obtain services to:
 - Screen for capacities and problems of a senior citizen
 - Link (refer) consumer with opportunities and services available
 - To the maximum extent possible, ensure that consumers have received services by establishing adequate follow up

Statewide Support Services

a) **Community Services** – unit 1 hour

Operation of a statewide (or regional) support network for structured community service programs for senior volunteers. Participating grantees are members of the Corporation for National and Community Service Senior Corps Program.

- **Senior Companion Program**– (SCP) Matches qualified Senior volunteers with Seniors in need at Senior Centers, Adult Daycare Facilities, and direct service in homes of Seniors.
- **Foster Grandparents/Elder Mentors Program**- (FG/EM) Provides tutoring and mentoring to children by coordination with schools and daycare facilities.
- **Retired Senior Volunteers Program** – (RSVP) Matches qualified retirees with a charitable organization and coordinates activities.

Note: Income eligible volunteers may receive a tax exempt stipend for SCP and FG/EM; RSVP does not include stipend

b) **Legal Assistance** – unit 1 hour

Provide legal advice, counseling and representation by a legal professional or other person operating under the supervision of a legal professional.

c) **Media** – unit 1 publication

Provide statewide monthly publication to inform seniors of legislative issues; events and activities; other relevant news; health issue awareness and information; and provide a forum for older individuals and their families to voice their opinions through essays and letters to the editor.