

**Elderly Nutrition Program in Yolo County /Meals on Wheels
FY08-09 - A Year in Review**

Home Delivered Meal Program

	FY08-09
Clients Served	420
Meals Delivered	51,087
Recipients who live below poverty level	15%
Recipients who are considered low income (below \$25,000)	66%
Minority Population served	18%
Average Age	81
80 and older	60%
Gender	67% F; 33% M
Live alone	68%
Delivery Routes	21

Ancillary Services

In addition to the daily meal delivery by a friendly volunteer, we offer a wide range of programs and services that enrich the lives of our clients. In FY08-09, we provided the following ancillary services:

- 1500 pre-prepared frozen holiday meals.
- 990 comprehensive evaluations to assess clients' needs and link them to other community resources such as energy assistance, transportation to appointments, vital in-home support services, home safety modifications, legal assistance, and assistance with paying bills and completing complicated paperwork.
- 533 home visits to meals recipients were made by the HDM coordinator.
- 420 clients were screened for signs of nutritional risk. Those most at risk were provided with nutritional information to help improve their health. In FY08-09, 63% of clients were determined to have a high risk for malnourishment.
- 2400 nutrition education units were provided to homebound meals recipients.
- 99% of our clients could not live independently without some form of assistance with activities of daily living.
- 347 disaster preparedness packets and 260 personal alert devices were provided.
- 260 Files of Life were provided.
- 630 fraud alert notices were distributed.
- 181 falls prevention information packets and home safety checklists were provided.
- 800 holiday gift bags were distributed to our homebound clients in collaboration with Soroptomists, Blue Shield of California, and Omega Nu.

- 200 boxes of Girl Scout cookies were distributed.
- 420 clients received a remembrance card on their birthday.

Program Outcomes

- 98% of meal recipients consider the volunteers to be a helpful resource to them.
- 40% state that the volunteer is the only person who visits them during the day.
- 78% agree that the meals are their most importance source of nutritionally balanced food.

Safety & Security

A large part of our mission is to provide a daily "safety and security" check for the frail, homebound neighbors we serve. Our volunteers are instructed to alert us if a client does not answer the door by calling the office immediately. Our home delivery coordinator calls the client and if there is still no response then contacts the emergency resource for that client. Our volunteers have often found clients who have fallen, are injured, or too sick to answer the door. In some cases, volunteers have found a senior has died. Without these daily safety checks, these serious emergencies could go unnoticed while seniors are in distress for days.

08-09	Safety & Security Statistics Tracked
26	Meal recipients referred to adult outreach services
5	Meal recipients referred to Adult Protective Services
7	Meal recipients required calling 911

Congregate Meal Program

	FY08-09
Clients Served	830
Meals Served	27,561
Recipients who live below poverty level	22%
Recipients who are considered low income (below \$25,000)	78%
Minority Population served	16%
Average Age	76
80 and older	40%
Gender	71% F; 29% M
Live alone	46%

- 1600 nutritional education units provided to congregate meal participants.
- Fraud alert notices, disaster preparedness packets and falls prevention information were provided to congregate meal participants.

Program Outcomes

- 87% of congregate meal recipients have recommended the program to a friend.
- 69% consider the meal program to be important socially for them.
- 79 % of congregate participants come to the program for the food.