



# Community Services

## Nutrition Training

**Presented By:**  
Multnomah County

ADVSD, Community Services

# Today's Agenda

---

Intro

**Welcome**  
**Introductions**

Training

**Training**

- **Overview**
- **Congregate Meals**
- **Home Delivered Meals**
- **Reporting Requirements**
- **Nutrition Education**

Q&A

**Questions and Answers**



# Welcome

---

Please take a moment to insert into the chat:

- Your Name
- Your Pronouns
- Your Organization

*\*For the sake of time we will not do verbal introductions, feel free to engage within the chat\**



# Nutrition

---

OAA nutrition programs provide an opportunity for older individuals to live their years in dignity by providing healthy, culturally appropriate and appealing meals. The programs across the state strive to accomplish this by providing congregate nutrition programs and home-delivered meals.

- Congregate (on-site)
- Home Delivered Meals



# Congregate Meals

---

Congregate meals are provided to eligible participants at nutrition sites, senior centers or other group settings.

## Goal:

- ★ Reduce hunger, malnutrition and food insecurity
- ★ Promote socialization
- ★ Promote the health and well-being of older people

## Eligibility:

- ★ Adults 60+ and their spouses (regardless of age)
- ★ Individuals with disabilities (regardless of age) who reside with an older adult
- ★ Volunteers (regardless of age) providing services during meal hours.
- ★ People 50+ Aging with HIV/AIDS Long Term Survivors



# Congregate Meals Requirements

---

- Meals should be provided on-site at the frequency of at least one(1) hot meal per day, five (5) days a week.
- Meet Nutritional Quality Standards
- Complete Nutrition Risk Assessments annually
- Complete Nutrition Education quarterly
- Collect RealD Data
- Develop a strategy to allow participants to make confidential donations for congregate meals
- Develop an Emergency/Disaster Plan



# Nutrition Risk Assessment

---

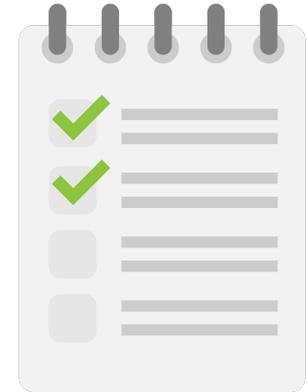
The OAA Nutrition Risk Assessment should be completed at the time of intake and updated annually. Each provider should develop an appropriate procedures for the review of the nutrition checklist and make referrals if the participant scores a high nutrition risk.

Assessment: 10 Questions

- Eating habits
- Alcohol intake
- Dental issues
- Drug/Prescription use
- Weight gain/loss
- Ability to shop/cook/feed self
- Health

Response: Drop down menu

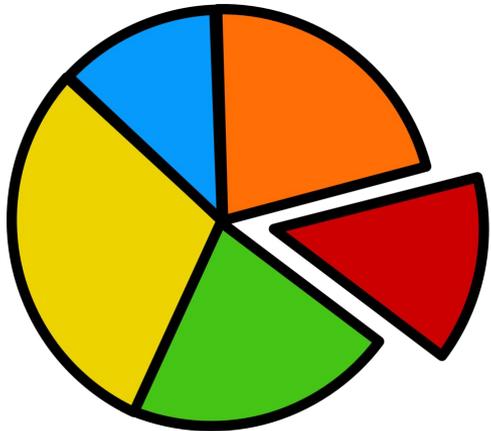
- Yes
- No
- Missing



# Real Demographics (RealD)

---

The State Office of Aging and People with Disabilities requires ADVSD to provide a report on the identities of the presumed service population, the people served by ADVSD programs, and our employees and contractors utilizing the REALD racialized identity categories and expanded Sexual Orientation Gender Identity data.



## Categories:

- Identification
- Language
- Race/Ethnicity
- Household/Financial
- Conditions/Disabilities
- Other



# Emergency Plan

Partners providing congregate meals must have an Emergency Plan in place to ensure participants will receive meals during emergencies, weather-related conditions and natural disasters.

## Example:

- Shelf-stable emergency meal packages
- Four-wheel drive vehicles: Traction tires highly recommended
- Volunteer arrangements with other community resources



# Home Delivered Meals

Home Delivered Meals are delivered to homebound older adults; frozen meals may be provided to cover weekends and holidays. Home delivered meals are delivered to where the client lives. People must face greater challenges accessing healthy food to receive home delivered meals.

## Eligibility:

- 60+ and homebound
- Be the spouse of an eligible older adult
- Disabled persons under 60 living in a housing facility where a senior meal site is located
- 60+ unable to shop/cook for self
- 60+ unable to tolerate group situations
- Must be able to eat the meal in a reasonable time
- 50+ person Aging with HIV/AIDS Long-Term Survivors
- Multnomah County Resident



# Home Delivered Meals Requirements

## Home Delivered Meal Standards

### Meals:

- May be hot, cold, frozen, dried or canned with a satisfactory storage life.
- Provide meals within two (2) business days of request.
- Must have a plan to ensure participants receive meals during emergencies

### Provider:

- Must take referrals from ADVSD and our contracted partners.
- Gatekeeper for Adult Protective Services referrals.
- Must develop a strategy that allows participants to make confidential donations.

### Data Collection:

- Collect RealD Data in UCR.
- Nutrition Risk Assessment must be completed at intake and updated annually.
- Home Deliver Meal (ADL/IADL) Assessment must be completed in-person and updated annually.



# Home Delivered Meals ADL/IADL Assessment

---

The OAA Nutrition Risk Assessment, Activities of Daily Living (ADL), and Instrumental Activities of Daily Living (IADL) must be completed at the time of intake and at annual update. The assessment should focus on the individual's strengths and limitations.

## Activities of Daily Living (ADL):

- Bathing
- Behavior
- Dressing
- Eating
- Elimination
- Mobility/Walking
- Personal Hygiene/Grooming
- Transferring

## Instrumental Activities of Daily Living (IADL):

- Food Preparation
- Heavy Housework
- Housekeeping
- Managing Finances
- Medical Management
- Shopping
- Taking Medication
- Using Telephone
- Using Transportation



# Adult Protective Services

---

Home Delivered Meal providers are the Gatekeeper for Adult Protective Services Referrals. Conditions or circumstances that place the older person or the household at high risk of abuse, neglect or exploitation must be brought to the attention of appropriate officials (Adult Protective Services or law enforcement) for follow-up.

## What is Adult Abuse?

- Physical harm or injury
- Neglect
- Financial exploitation
- Verbal or emotional abuse
- Involuntary seclusion
- Wrongful use of a physical or chemical restraint
- Unwanted sexual contact
- Abandonment
- Self neglect

Report Adult Abuse or  
Neglect

503-988-4450 main  
503-988-3646 after hours

4610 SE Belmont St.  
Portland, OR 97215



# Reporting Requirements

---

Providers are required to record and report the following information in an Excel Spreadsheet each month for both Congregate and Home Delivered Meals:



- Participant Name
- Prime# or UCR Alt ID
- Date and Score of Nutrition Risk Assessment
- Number of meals provided for the month
- Program under which the meals were authorized.



# Nutrition Education

---

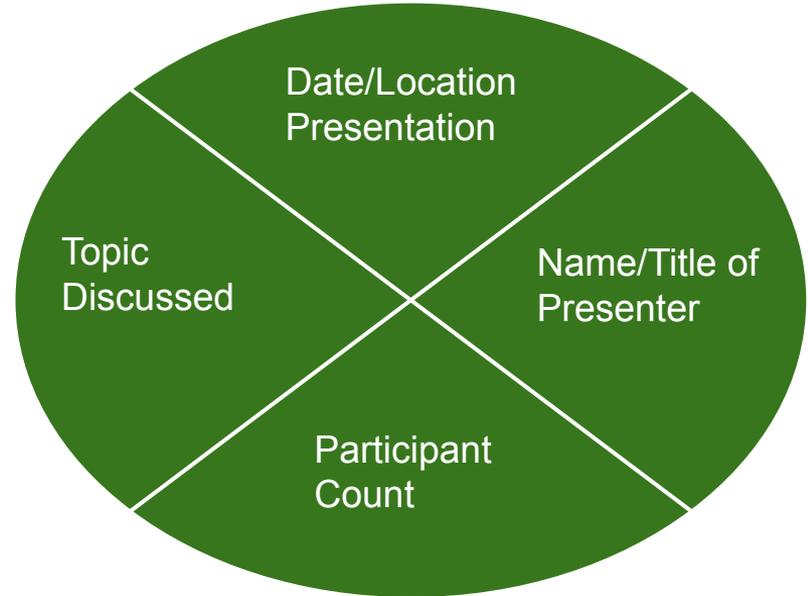
Partners shall provide Nutrition Education for Congregate and Home Delivered Meals.

## Congregate:

- Minimum Quarterly (in-person)

## Home Delivered Meals:

- Minimum Annually (in-person)



# Nutrition Education

## Nutrition Education for Congregate Meals Template

A	B	C	D	E
Nutrition Education				
Congregate				
version: 12/15/2023				
AGENCY:				
Instructions: Please complete for your quarterly nutrition education, individual client information is r				
Date	Site location/Day of the week	Topic	Presenter	# of people in attendance
12/14/2023	Mickey's Clubhouse/Thursday	Eating Greens - Food Hero Healthy Start	Minnie Mouse - OHSU Dietician	12





Questions?

