


MEMO

To: Choices for Care Case Management Agencies

From: Megan Tierney-Ward, Director Adult Services Division 

Date: April 12, 2016

Re: Home Delivered Meals Utilization

Currently, the Choices for Care and Attendant Care Programs authorize services through an assessment and utilization review process. People who are eligible and choose to receive Home Delivered Meals sometimes see a small reduction in their authorized services if their personal care attendant is potentially available to create a meal.

In effort to increase good nutrition and good health through an increase in the utilization of Home Delivered Meals by people enrolled on Choices for Care and the Attendant Services Program, effective immediately the Department will no longer reduce service authorizations when a person chooses to receive Home Delivered Meals. The goal is to encourage enrollment in the Home Delivered Meals program by eliminating real or perceived barriers and ensuring broad access to good nutrition. Our recent review of the Home Delivered Meal program and the use of attendants has made it clear that Home Delivered Meal may be used flexibly throughout the day or week, and the scheduling of attendants is a dynamic process with the potential of changing at any given time. With that understanding, meal delivery will no longer be viewed as a duplication of services provided by the personal care attendant. Instead, the meal will enhance food security within the household and is in line with Vermont's State Plan on Aging objective to *"Improve food security of older Vermonters and Vermonters with Disabilities."*

For more information on the Vermont State Plan on Aging and research related to the positive effects of good nutrition, refer to the following resources:

- VT State Plan on Aging: <http://www.ddas.vermont.gov/ddas-publications/publications-older-americans-act/publications-older-americans-act-documents/vt-state-plan-on-aging>
- Meals on Wheels American Research: <http://www.mealsonwheelsamerica.org/theissue/research/more-than-a-meal>.
- Administration on Community Living Nutrition Program Fact Sheet: http://www.acl.gov/NewsRoom/Publications/docs/Elderly_Nutrition_Programs_1.pdf
- Administration for Community Living Research Brief: http://www.aoa.gov/Program_Results/docs/2015/AoA-Research-Brief-8-2015.pdf.