

Have you heard about Medically Tailored Meals/Nutritional Counseling?



Your Office of Aging and Adult Services (OAAS) support coordinator will review your unique situation to see if Medically Tailored Meals / Nutritional Counseling will help you.

Meet Mary, she is a participant in the Community Choices Waiver (CCW) program. For the past 5 years, it has been hard for Mary to stay out of the hospital due to congestive heart failure and diabetes. Last year, Mary had to have a foot removed due to diabetes. She is often so out of breathe that she cannot do things for herself. Mary wants to follow the diet that her doctor prescribed; but, with her fixed income and limited transportation, it is hard to buy fresh food. When money is tight she eats cheap, processed foods. Often, this causes another hospital admission. Mary needs meals tailored to her specific medical conditions.

When Mary was in the hospital, her support coordinator went to visit her and told her about 2 new services called Medically Tailored Meals and Nutritional Counseling that she could get under the Community Choices Waiver program. With Medically Tailored Meals, Mary can receive meals that are tailored to her medical conditions. These meals can be delivered to her home after she is discharged from the hospital or a nursing facility. She can receive up to 2 prepared meals per day for 12 weeks. Nutritional Counseling is not mandatory; but, if she decides to participate in Nutritional Counseling, the nutritional counselor will help Mary by discussing healthy eating habits and a meal plan that goes beyond the 12 weeks. These meals, along with nutritional counseling, would help her learn to read labels, plan healthy meals and find community resources to access healthy foods.

When Mary receives her first meal delivery, she is surprised by how easy the meals are to reheat and how good the healthy food tastes.

Mary cannot believe that it has been 6 weeks since she was hospitalized and she hasn't been back to the hospital for her problems with her medical condition. Her diabetes is on track to be controlled! She feels the best that she has felt in a very long time!

Your waiver. Your choice. Your life. Ask your support coordinator how to build a plan of care as unique as you are!

Your support coordinator's name is _____.

Your support coordinator's phone number is _____.