

Frequently asked Questions for Home Delivered Meals:

1. Who is eligible for Home Delivered Meals?

A. Individuals aged 60 or over who are frail and/or homebound by reason of illness, incapacitating disability as defined in OAA Section 102(13) or are otherwise isolated. The spouse of the older person, regardless of age or condition, may receive a home delivered meal if, according to criteria determined by the Area Agency, receipt of the meal is in the best interest of the frail and/or homebound person.

A meal may be available to: Disabled individuals [as defined in OAA Section 102(13)] who have not attained 60 years of age but who reside in housing facilities occupied primarily by the elderly at which congregate nutrition services are provided; and Individuals with disabilities who reside at home with older individuals who are eligible under the OAA.

2. What is the cost for Home Delivered Meals?

A. Each meal is a voluntary contribution, suggested donation per meal is \$4.00. No older person is denied service if they cannot or will not contribute to the cost of the service.

3. How do I get signed up?

A. Call the Rock Island County Senior Center at 309-788-6335 and ask for the Home Delivered Meals department. An assessment of each person requesting home delivered meals must be completed to determine the individual's need for service. A periodic reassessment of the home delivered meal recipient must also be completed at least annually, or sooner if circumstances change. Once a participant has qualified, services will begin when available.

4. What meals are available?

A. Meals provided through the nutrition program must comply with the most recent Dietary Guidelines for Americans, published by the Secretary of Health and Human Services and the Secretary of Agriculture; and provide each participant a minimum of 33^{1/3} percent of the Dietary Reference Intakes (DRI) as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Special Menus are provided, where feasible and appropriate, to meet dietary needs for health requirements, religious requirements, ethnic or cultural backgrounds of eligible individuals. Special menus include but are not limited to diabetic diet, low sodium, mechanically soft foods, pureed, etc.

5. How are the meals delivered?

A. Depending on location of participant and availability to deliver would depend on the delivery method. We deliver through mail, which would be 10 meals every two weeks or a daily delivery through volunteers Monday through Friday around lunch time.

Frequently asked Questions for Congregate Services:

1. Who is eligible for Home Delivered Meals?

A. Individuals aged 60 or older and the spouses of those individuals, regardless of age, if the eligible spouse is or has been an active participant in the program.

A meal may be available to Disabled individuals [as defined in the Older Americans Act (OAA) Section 102(13)] who have not attained 60 years of age but who reside in housing facilities occupied primarily by the elderly at which congregate nutrition services are provided; and Individuals with disabilities who reside at home with older individuals who are eligible under the OAA.

2. What is the cost for Congregate Meals?

A. Each meal is a voluntary contribution, suggested donation per meal is \$3.00. No older person is denied service if they cannot or will not contribute to the cost of the service.

3. How do I get signed up?

A. An assessment of each person requesting congregate meals must be completed to determine the individual's need for service. This assessment is to be completed prior to receiving a meal. A periodic reassessment of the congregate recipient must also be completed at least annually, or sooner if circumstances change, to verify eligibility for service.

4. What meals are available?

A. Meals provided through the nutrition program must comply with the most recent Dietary Guidelines for Americans, published by the Secretary of Health and Human Services and the Secretary of Agriculture; and provide each participant a minimum of 33^{1/3} percent of the Dietary Reference Intakes (DRI) as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Special Menus are provided, where feasible and appropriate, to meet dietary needs for health requirements, religious requirements, ethnic or cultural backgrounds of eligible individuals. Special menus include but are not limited to diabetic diet, low sodium, mechanically soft foods, pureed, etc.