Improving Community Health Through Cross Sector Partnerships

Betsy Cox  Managing Director, VNA Meals on Wheels
Jennifer Atwood  Director VNA Development
Our Mission & Services

VNA helps people live with dignity and independence at home.

Hospice Care
Meals on Wheels
Private Care
VNA Care Choices

www.vnatexas.org
Silver Tsunami

Population Growth
10,000/day through 2030
22% Texas population by 2020
Live into 80’s

Increased Life Expectancy
Poverty
Hunger
Discontinue Driving
Physical & Social Isolation
Loss of Independence
Health Care Costs
Partnering For Better Outcomes

MORE THAN A MEAL
PILOT RESEARCH STUDY

SENIORS WHO RECEIVE DAILY MEALS ON WHEELS DELIVERIES CREDIT THOSE MEALS WITH:
▶ MAKING THEM FEEL BETTER
▶ HELPING THEM EAT HEALTHIER
▶ REDUCING THEIR FEELINGS OF LONELINESS

MUCH MORE THAN A MEAL
MEALS ON WHEELS AMERICA

LEARN MORE AT MEALSONWHEELSAMERICA.ORG/MTAM.

We can provide a senior Meals on Wheels for 1 YEAR for roughly the same cost as 1 DAY in a hospital.

Meals on Wheels' clients report fewer falls, which cost our nation $31 BILLION each year.

CONDUCTED BY BROWN School of Public Health
FUNDED BY AARP FOUNDATION
Our Pitch

High-risk patients recently discharged from hospital or rehab

Bypass wait list for meal service

30 or 60 day meal service plan

In-home assessment
(nutritional risk screen and home safety assessment)

$10/day:

Paid driver delivery
Daily hot meal
Social interaction/wellness check (daily questions)

Reporting of client concerns by VNA MSW

Monthly reporting/billing
Meal Service Pilots

- 1 – 2 years
- Private and Hospital Funding
- 30 & 60 day meal plans
- Provision for long term service
- Research
Enhancing Our Partnerships

- Determine best patients to refer to program
- Refer patients for additional wrap-around services
- Secure additional funding to transition higher need patients into long term meal service
- VNA 101 – in-service programs to better understand our program and referral process
Wellness Check Questions

Are you taking your medications as directed?

Are you feeling the same/better/worse than when you were in the hospital/rehab?

Are you eating the meals?

What is the date of your next medical appointment?
Nutritional Risk Screen

1) I have an illness or condition that made me change the kind and/or amount of food I eat.
2) I eat fewer than two meals a day.
3) I eat few fruits and vegetables, or milk products.
4) I have three or more drinks of beer, liquor or wine almost every day.
5) I have tooth or mouth problems that make it hard for me to eat.
6) I don’t always have enough money to buy the food I need.
7) I eat alone most of the time.
8) I take three or more different prescribed or over the counter drugs a day.
9) Without wanting to, I have lost or gained ten pounds in the last six months.
10) I am not always physically able to shop, cook, and/or feed myself.
# September 2017 Report and Invoice for Texas Health Dallas

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<th>Client ID</th>
<th>Client Name</th>
<th>Zip Code</th>
<th>Date of Birth</th>
<th>Age</th>
<th>Gender</th>
<th>Monthly Income</th>
<th>Diagnosis</th>
<th>NRA Score</th>
<th>Meal Plan (Days)</th>
<th>First Scheduled Meal</th>
<th>Last Scheduled Meal</th>
<th>Sept 2017 Meals &amp; Wellness Checks</th>
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<table>
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<tr>
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Please remit payment to VNA Meals on Wheels (1600 Viceroy Drive #400, Dallas Texas 75247)

**NOTES:**

- J31404 - Two contacts made with THD on 9/21/17 and 9/28/17 as client missed medical appointment and is awaiting rescheduling.
- J31555 - VNA assisted THD in reaching client by telephone. Client's daughter has shared that he is enjoying the meals and doing well.
- J14430 - One contact made with THD regarding client's report of not feeling well on 9/11/17.

Pending referrals - VNA will schedule initial visit in rehab for three individuals when their return to home dates are confirmed.

**Nutritional Risk Assessment (NRA) key:**

- 0-2 Good; 3-5 Moderate Nutritional Risk; 6 or more = High Nutritional Risk
Activity Thus Far

13 clients aged 57-95
Diabetes, Congestive Heart Failure, Hypertension
929 meals
>3 months with no hospitalizations

2 clients ages 57 & 71
Cancer
20 meals

3 clients aged 77 - 85
Diabetes, Hypertension, Cancer
72 meals
1 month with no hospitalizations
4 clients pending start of meal service
Join Us

www.mealsonwheelstexas.org
Thank You!

Betsy Cox
coxbe@vnatexas.org
(214) 689-2676

Jennifer Atwood
atwoodj@vnatexas.org
(214) 689-2265