

**Older Americans Act (OAA)
FY23 III-C Nutrition Services Definitions**

Eligibility: Meals must be served to individuals

- Age 60 and over
- Spouses of any age of an eligible participant
- Person with Disability residing with eligible participant
- Person with Disability @ Senior Centers located in Housing Facilities primarily occupied by older individuals; can serve individuals with disabilities under age 60
- Volunteer assisting at mealtime

Verification: Must complete enrollment form and nutrition assessment annually. All C2 participants must complete ADL/IADL checklist on enrollment form, however this is not required for eligibility of service. Volunteer must complete participant information on enrollment form. Eligible individuals may be authorized to receive C1 and/or C2 meals for recording activities of service.

Target Population under OAA for services and programs: Age 60+ with greatest social and economic need, low-income older adults, minority older individuals, those residing in rural areas, older people with limited English proficiency, and older people at greatest risk for institutional care (i.e., has at least two ADL impairments).

Service Category	Fund Source	Unit	Definition	Notes
Congregate Meals	Title III-C1 State Local Program Income Other	1 Meal = 1 Unit* Registered Participant Aggregate for approved events	A meal provided by a qualified nutrition project provider to a qualified individual in a congregate or group setting. The meal is served in a program that is administered by AAAs and meets all the requirements of the OAA and state/local laws. (SPR/OAAPS 2021)	Any meal counted as a unit (activity) of service must be provided under ADSS contract or must be approved by ADSS Registered Dietitian Nutritionist. **As of 10/01/22 Liquid Meal Replacements must meet all new requirements to be funded under Title III-C. Only congregate meals served under situations of picnics or shelf stables may be entered into AIMS as "aggregate" when approved by ADSS.
Home-Delivered Meals	Title III-C2 State Local Program Income Other	1 Meal = 1 Unit* Registered Participant	A meal provided to a qualified individual in his/her place of residence. The meal is served in a program administered by the AAA and meets all the requirements of the OAA and state/local laws. (SPR/OAAPS 2021)	Any meal counted as a unit (activity) of service must be provided under ADSS contract or must be approved by ADSS Registered Dietitian Nutritionist. **As of 10/01/22 Liquid Meal Replacements must meet all new requirements to be funded under Title III-C.
				Must complete the ADL/IADL section of the enrollment form for federal OAAPS reporting. Individuals who are isolated and do not have access to public/private transportation can receive home-delivered meals.

<p>Transportation Subservice (Home-Delivered Meals)</p>	<p>Title III-C2 State Local Program Income Other</p>	<p>1 Delivery = 1 Unit Registered Participant</p>	<p>This unit of transportation may apply to meals of any type delivered to the participant's residence from the senior center or other drop-off point.</p> <p>If the AAA pays to deliver a frozen meal pack, it is one unit of transportation per delivery and per person, but not per meal.</p>	<p>Does not include meal deliveries by GA Foods to the participant's residence. The cost of GA Foods' meal delivery is part of the meal cost.</p> <p>Does not include family pick-up and delivery.</p> <p>*Title III-B funds cannot be used to transport meals.</p>
<p>Assisted Transportation</p>	<p>Title III-B State Local Program Income Other</p>	<p>1 one-way trip = 1 unit Registered Participant</p>	<p>Services or activities that provide or arrange for the travel, including travel costs, of individuals from one location to another. This service includes escort or other appropriate assistance for a person who has difficulties (physical or cognitive) using regular vehicular transportation. Does not include any other activity.</p> <p>*A one-way trip may include the following: assisting the individual in preparation for the trip, assisting from their place of residence into the transportation vehicle, assisting the individuals from the vehicle to the destination, staying with the individual at the point of destination, assisting the individual back to the vehicle and then assisting the individual back to home.</p>	<p>Participant must be enrolled in Title III services, and Title III funds must be used to pay for some portion of the trip. Participant must have at least one ADL/IADL impairment and/or have cognitive/dementia challenge.</p>
<p>Transportation</p>	<p>Title III-B State Local Program Income Other</p>	<p>1 one-way trip = 1 unit Registered Participant</p>	<p>Services or activities that provide or arrange for the travel, including travel costs, of individuals from one location to another. Does not include any other activity.</p> <p>*Senior Center participants will already be registered in AIMS if they are receiving transportation to the center and will not need an additional enrollment form completed. Those who are not nutrition participants and receive other transportation to places such as medical appointments, shopping, etc. should be registered with the III-B enrollment form.</p>	<p>Participant must be enrolled in Title III services, and Title III funds must be used to pay for some portion of the trip.</p>

Information and Assistance (I&A)	Title III-B State Local Program Income Other	1 Contact = 1 Unit Aggregate	A service that: provides the individuals with current information on opportunities and services available to the individuals within their communities, including information relating to assistive technology; assesses the problems and capacities of the individuals; links the individuals to the opportunities and services that are available; to the maximum extent practicable, ensures that the individuals receive the services needed by the individuals, and are aware of the opportunities available to the individuals, by establishing adequate follow-up procedures and serves the entire community of older individuals, particularly with greatest social and economic need and at risk of institutional placement.	I&A can be provided to individuals under age 60. Anyone that receives I&A at the senior center should be referred to the ADRC. Referrals to the ADRC are counted as a unit of I&A. *Phoning an individual to provide comfort or help (previously captured as Telephone Reassurance)
Outreach	Title III-B State Local Program Income Other	1 Contact = 1 Unit Aggregate	Intervention with individuals initiated by an agency or organization for the purpose of identifying potential participants or their caregivers and encouraging their use of existing services and benefits.	Outreach can be provided to individuals under age 60. *Going to see a participant to provide comfort or help (previously captured as friendly visiting) *Outreach is not an appropriate category to collect large group numbers from media events. Report under Marketing

Public Education	Title III-B State Local Program Income Other	1 Contact = 1 Unit Aggregate	Providing opportunities for individuals to acquire non-nutrition related knowledge, experience, or skills. This service may include workshops designed to increase awareness on various topics, such as crime or accident prevention, continuing education, or legal issues. Workshops may be designed to teach participants a specific skill in a craft, job, or occupation if the participant does not expect to receive wages or other stipends.	
Marketing	Title III B State Local Program Income Other	1 Activity = 1 Unit Aggregate	An activity that involves contact with multiple individuals through newsletters, publications, or other social or mass media activities providing education and outreach. Example: Newspaper Ad/story – 1 unit Estimated audience = 1,500	*Do not report over 10,000
Health Promotion: Non-Evidence Based	Title III-B State Local Program Income Other	Unit = Persons Served Non-Registered Service (Aggregate)	Health promotion and disease prevention activities that do not meet ACL/AoA's definition for an evidence-based program as defined. These activities may <u>include</u> : health risk assessments, routine health screenings, physical fitness or group exercise programs, art therapy, music therapy, counseling regarding social services and follow -up health services, or other non-evidence based programming (recreation / i.e. games and crafts).	*Title III-D funds CANNOT be used for these services. *Beginning October 1, 2021 report recreation under the new Health Promotion: Non-Evidence Based service *Unit should be captured per person. Example – bingo with 10 in attendance = 10 units*

<p>Nutrition Education</p>	<p>Title III-C1 Title III-C2 State Local Program Income Other</p>	<p>1 Session = 1 Unit</p> <p>Capture 1 unit per session</p> <p>Capture estimated audience size.</p> <p>Non-Registered Service (Aggregate)</p>	<p>An intervention targeting OAA participants and caregivers that uses information dissemination, instruction, or training with the intent to support food, nutrition, and physical activity choices and behaviors (related to nutritional status) in order to maintain or improve health and address nutrition-related conditions. Content is consistent with the Dietary Guidelines for Americans; accurate, culturally sensitive, regionally appropriate, and considers personal preferences; and overseen by a registered dietitian or individual of comparable expertise as defined in the OAA. (National Nutrition Monitoring and Related Research Act of 1990 and Input Committee)</p> <p>(SPR/OAAPS 2021)</p>	<p>All materials must be approved by ADSS Registered Dietitian Nutritionists prior to use.</p> <p>May be delivered in-person or via video, audio, online, or the distribution of hardcopy materials.</p> <p>Examples: 1 presentation = 1 session</p> <ul style="list-style-type: none"> • Even if offered more than 1 time, by more than 1 presenter, and/or in multiple formats. <p>1 social media message = 1 session</p> <ul style="list-style-type: none"> • Includes text messages <p>1 newsletter = 1 session</p> <ul style="list-style-type: none"> • Even if containing more than 1 article <p>1 set of hardcopy materials = 1 session</p> <ul style="list-style-type: none"> • Each set covering a different topic/message = separate session <p>The same message communicated more than one way (e.g., menu notes + social media) = 1 session</p> <p>Title III-D funds cannot be used for Nutrition Education.</p>
<p>Nutrition Counseling</p>	<p>Title III-C1 Title III-C2 State Local Program Income Other</p>	<p>1 Hour = 1 Unit</p> <p>Capture 1 unit per hour per individual</p> <p>Registered Participant</p>	<p>A standardized service as defined by the Academy of Nutrition & Dietetics (AND) that provides individualized guidance to individuals (or their caregivers) at nutritional risk because of their health or nutrition history, dietary intake, chronic illnesses, or medication use. Counseling is provided one-on-one by a registered dietitian and addresses the options and methods for improving nutritional status with a measurable goal.</p> <p>(SPR/OAAPS 2021)</p>	<p>Hours (partial hour may be reported to two decimal places, e.g. 0.25 hours.)</p> <p>Title III-D funds cannot be used for Nutrition Counseling.</p>