

Senior Nutrition Program COVID-19

Response and Recovery Promising Practices Collection



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Senior Nutrition Program COVID-19

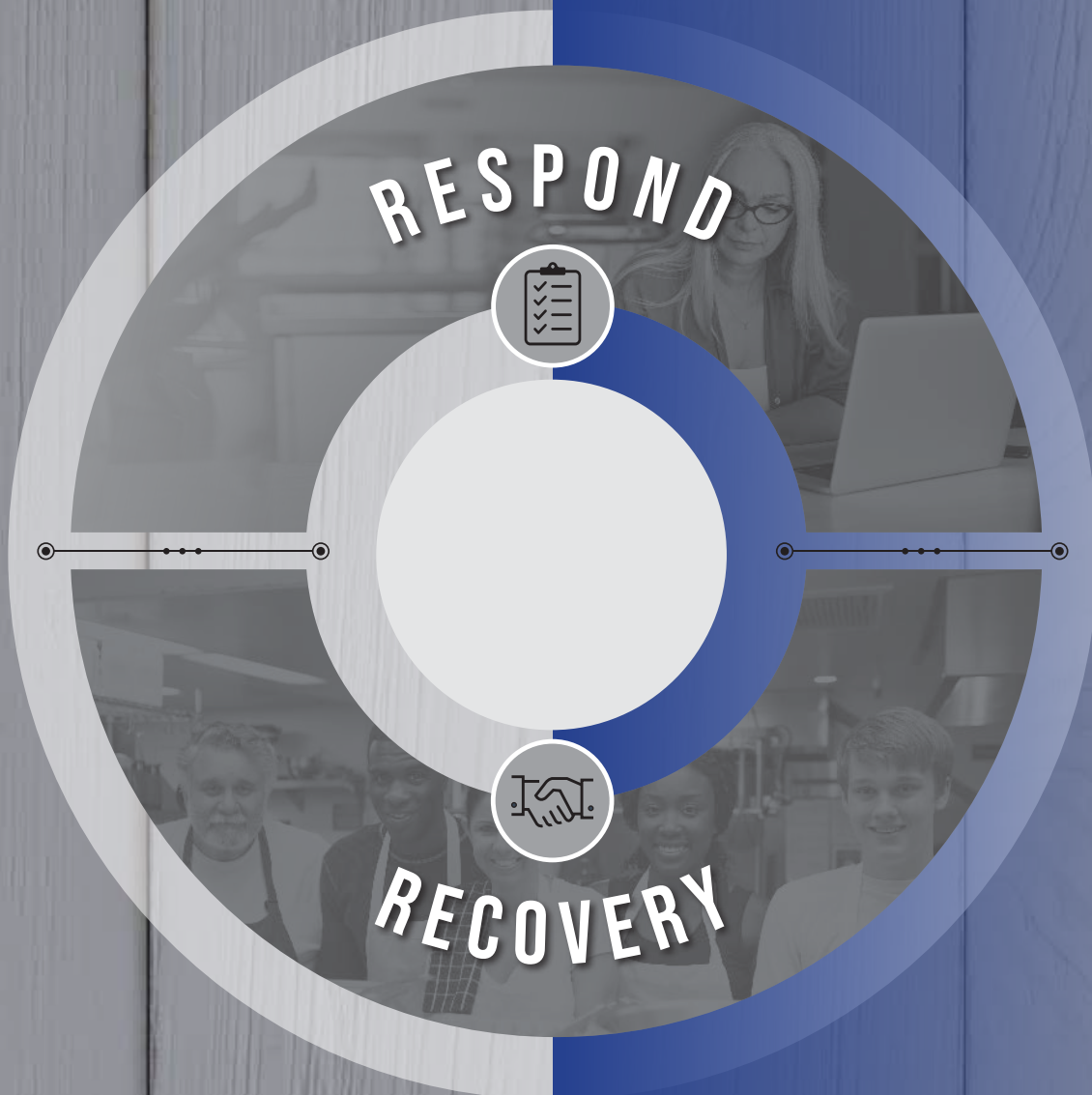
Response and Recovery Promising Practices Collection

Contents

Introduction	1-2
RESPOND	3
Eligibility and Assessment for Home-Delivered Meals	3
Promoting Health and Well Being	5
Socialization: Fostering Human Connection	7
Community Nutrition and Food Source	10
Program Operations	13
Nutritional Requirements for Meals	14
Meal Options/Food Preparation/Food Packaging	14
Volunteers	16
Work Environment/Food Safety	17
Food Delivery/Service	19
Local Community Coordination	19
RECOVER	21
Conclusion	29

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Center on Nutrition and Aging

Introduction



Introduction

The COVID-19 pandemic is a fluid process with federal, state and local governments continually adapting and reforming to meet the needs of our nation's older Americans. The crisis has increased demand for nutrition and meal support among seniors while opportunities for social interaction has decreased. Supply chain has been challenged with procurement of food, medical equipment and supplies to support these increased needs. Even volunteers and paid staff at senior nutrition programs are limited. Buffeted by the swirl of information and dynamic change, Senior Nutrition Programs (SNPs) have been resolute yet flexible in solving the challenges related to COVID-19.

SNPs under the Older Americans Act (OAA) are administered by each state. Local and state officials, in consultation with federal officials as appropriate, make decisions about SNPs based on the scope of the outbreak and the severity of illness. These decisions need to be made based on the purposes of the OAA as well health and safety requirements.

The purposes of the OAA Nutrition Program are to:

- Reduce hunger, food insecurity and malnutrition,
- Promote socialization, and
- Promote the health and well-being of older adults.

During this pandemic, the Administration for Community Living (ACL) has provided information, guidance, technical assistance, and program implementation tips to assist states in meeting the nutritional and social needs of seniors. This guidance is updated regularly by ACL through its response link: <https://acl.gov/COVID-19> and shared through the ACL Updates email service. These resources also have been published on the website of the National Resource Center on Nutrition and Aging (NRCNA) <https://nutritionandaging.org/covid-19/>. ACL has created the document [Survival Guide: Navigating COVID-19 Guidance for Those Administering Title IIIC Programs](#) to support states as they respond to the pandemic. The information on emergency preparedness in this report aims to support nutrition providers throughout the nation as we navigate now and the months ahead.

EMERGENCY PREPAREDNESS 101—RESPONSE AND RECOVER

An emergency preparedness plan is the best way to ensure the health and safety of SNP participants and the programs that serve them. During most natural disasters like hurricanes or floods, physical safety is a priority in planning. For COVID-19 planning, maintaining both health and physical safety of the SNP participants and staff are priorities.

Components of the emergency response and recovery process should include:

Identification of participants and prioritization of their risks. This is the first consideration in emergency planning and response. This prioritization should include assessing and documenting ADLs/IADLs (Activities of Daily Living, Instrumental Activities of Daily Living) chronic health conditions, formal or informal support, food security status and access to transportation.

Management of internal program operations. The plan must include protocols with considerations for managing food and supply procurement, staff and volunteers, food preparation and delivery. Internal communications that include staff, volunteers and clients, and external communications with the local community and support organizations must be addressed. The plan should also describe operating procedures for responding to the emergency as well as recovering from the emergency using “what if” scenarios.

Coordination with community emergency management office and local organizations. In addressing all aspects of the emergency, it becomes a community team approach more than ever. Planning should include coordination with municipal leaders, state and local officials, Aging Network organizations, local health departments, and other support organizations.

RESPOND



Respond

Common concerns in meeting client needs include:

- Congregate dining sites have suspended onsite dining and many have transitioned to drive-through or grab-and-go options.
- SNP report increased requests from seniors for home-delivered meals.
- Seniors that actively participate and volunteer regularly at congregate sites have become less active and engaged, homebound and/or more socially isolated with the onset of stay-at-home and social distancing practices.
- Home-delivered meals may not be enough to support the nutritional health of clients and additional community-based nutrition programs may be needed.

Eligibility and Assessment for Home-Delivered Meals

Background

Older adults shelter in their homes because of self-isolation due to COVID-19, resulting in a need for senior nutrition programs to shift their approach. For example, a client may now be homebound and demonstrating ADL/IADL need for nutritional support as well as for home-delivered meals.

To accommodate as many older adults as possible, states have re-evaluated eligibility requirements for meals. Eligibility is determined solely by the state and local entity. States establish the requirements for the initial assessment either in-home or by phone. During the COVID-19 crisis, most assessments are being conducted by phone to minimize social contact.

When funding for meals is limited, priority should be given to those 60 and older who are in greatest social and economic need. Particular attention to low-income older adults, minorities, older adults in rural communities, older individuals with limited English proficiency and older adults at risk of institutional care should be given. The risk factors should include economic status, access to food supplies, chronic health conditions, ADL/IADLs, and social supports that can assist/provide shopping, cooking or safety checks. As the COVID-19 crisis continues and the Aging Network is faced with sustaining efforts, assessment is a critical step.

Many states or SNPs already have established criteria for meal prioritization, especially if waiting lists have existed in the past. These standards may need to be adjusted to accommodate the inability to leave home to purchase food. Please see the **NRCNA COVID-19 Suggestions for Senior Nutrition Programs Offering Home-Delivered Meals**. The State Unit on Aging (SUA)/Area Agency on Aging (AAA)/SNPs must have clear written policies and procedures to avoid any real or perceived bias or partiality that is not in alignment with the intent of the OAA. Please see **NRCNA Guide to Prioritizing Clients**.

CREATIVE SOLUTIONS

- **Ohio** is allowing an abbreviated assessment to evaluate consumer eligibility. In addition, all assessments are permitted to be conducted telephonically or virtually. To identify consumers at highest risk, providers are accessing “disaster rankings” used in the Ohio reporting database.
- **Maryland** has used a Home-Delivered Meals Prioritization Tool developed by the University of Maryland in collaboration with the Maryland Department of Aging. This tool identifies nutrition risk factors and the level of priority for home-delivered meals. This tool may also inform alternative or additional support services that could benefit clients. For more information, see [Home-Delivered Meal Prioritization Scale Recommended Guidance](#)

RESOURCES

COVID-19 Suggestions for Senior Nutrition Programs Offering Home-Delivered Meals

Issue Date: March 30, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.acl.gov/senior-nutrition

Overview: Tip sheet offers suggestions for providing home-delivered meals during the COVID-19 pandemic.

Includes:

- Eligibility for meals under COVID-19 circumstances
- Funded COVID-19 meals eligibility and assessment
- Considerations and solutions for providing home-delivered meals

Senior Nutrition Programs and Sustainability: Guide to Prioritizing Clients

Issue Date: August 12, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Tip Sheet offers suggestions on the factors a State Unit on Aging (SUA)/Area Agency on Aging (AAA)/Local Service Provider (LSP) should consider in creating a prioritizing process.

Includes:

- Eligibility criteria
- Prioritization criteria
- Prioritization tools
- Establishing waiting lists

Promoting Health and Well Being

Background

Healthy behaviors and lifestyles of older adults during COVID-19 and thereafter requires the promotion of a wide range of programs that address physical, mental and behavioral health concerns. From virtual on-line BINGO to meeting on virtual platforms for lunch or nutrition education to providing evidences-based programs, our network's approach has been and must continue to be creative in meeting these health concerns.

Client education programs support the health and wellness of older adults during the period in which many are remaining in their homes. The challenge becomes how to provide meaningful programs in a format that is accessible and interesting to clients. New approaches to home-delivered client education or refining methods that have been used in the past should be considered. More seniors are now connected online. Two methods to deliver client education programs include:

- Video conferencing in a one-on-one or group setting that gives an interactive approach to deliver client education materials.
- Individual telephone calls or teleconferencing for clients not comfortable with online technology.

CREATIVE SOLUTIONS

- The Greater **Wisconsin** Agency on Aging Resources, Inc. (GWAAR) has developed **educational resources and activities** appropriate for use with people who are homebound, although the activities are not specific to COVID-19. The Conversation Starter Cards can be used to spark conversation and help individuals plan and discuss ways they can enhance their daily lives, including nutrition and meals. Visit: <https://gwaar.org/nutrition-education-and-activities> The Plan and Shop for Simple Healthy Meals tool provides a sample menu plan, shopping list and grocery tips: [WI-Healthy Meals Sample](#)
- **New Jersey** Nutrition Programs have begun sending out games, information sheets and other activities with home-delivered meals. These include coloring pages, word searches, crossword puzzles, jigsaw puzzles, activity books, information sheets from the Centers for Disease Control (CDC), nutritional and health information booklets, and resource directories, in large print when possible.

RESOURCES

Resources for Professionals

This is a partial listing of available materials for professionals and consumers.

COVID-19 and Older Adult Malnutrition

Organization: Defeat Malnutrition Today

Website: <https://www.defeatmalnutrition.today/covid-19>

Overview: Older adult malnutrition compounds the risk of COVID-19 since poor nutrition is associated with decreased immune health. Website addresses FAQs about nutrition support during the pandemic, resources available from states, and COVID-19 Check Campaign materials.

Engage Virtually

Agency: Administration for Community Living

Website: <https://acl.gov/sites/default/files/oam/2020/EngageVirtually.pdf>

Overview: A one-page handout with tips on four topics: Socialize, Explore, Unwind and Connect.

Tip Sheet: Tele or Virtual Nutrition Education Materials for Older Adults

Issue Date: August 18, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Information on technology use by older adults, resources for various platforms, and nutrition education materials.

Tools for Reaching a Remote Audience

Organization: National Council on Aging

Website: <https://d2mkcg26uvvg1cz.cloudfront.net/wp-content/uploads/April-2020-online-tools-and-tips.pdf>

Overview: Lists some popular tools to reach and connect to isolated seniors. It includes online platforms, pros and cons, and links to learn more about these platforms.

Webinar: Virtual Nutrition Education for Older Adults

Presented: May 19, 2020

Organization: National Resource Center on Nutrition and Aging

Recording: Virtual Nutrition Education for Older Adults

Slides: www.seniornutrition.acl.gov

Overview: Tips for providing virtual nutrition education programs, including examples and resources.

Resources for Consumers

How to Keep Your Immune System Healthy

Agency: Academy of Nutrition and Dietetics

Website: <https://www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy>

Overview: Guidance on immune-supporting nutrients and the importance of a balanced diet to keep the immune system healthy.

Practical Tips for Meals and Other Package Delivery

Agencies: National Council on Aging, National Resource Center on Nutrition and Aging, and American Occupational Therapy Association

Website: <https://d2mkcg26uvvg1cz.cloudfront.net/wp-content/uploads/Practical-Tips-For-Reducing-Falls-Risk-Delivery-Final-042720-1.pdf>

Overview: The resource summarizes at-home falls hazards related to sheltering in place by older adults and offers practical tips for the safe receipt of meals and other package delivery items.

Socialization: Fostering Human Connection

Background

Providing the social connections for homebound older adults has always been a challenge for SNPs. Social support is now more difficult because previously active congregate program participants are following social distancing recommendations and staying at home.

Some programs may have fewer staff and volunteers available due to the pandemic. Other programs may have an influx of new volunteers that require screening and training while observing social distancing. Programs may be managing additional funding sources, and/or making budgetary decisions to reserve financial resources for food and meals as opposed to other activities.

Ways to provide human social connections to seniors who are self-isolating include:

- **Wellness Calls.** The meal deliverer can provide a wellness check on the meal recipient (observed safely through social distancing) and document it to the SNP staff for follow-up on any changes or concerns. A good opening to provide supportive information is to ask, “How are you feeling today?”. Any physical or mental health, mobility, or self-care issues can be noted as well as personal safety or home environmental concerns. Many SNP volunteers and staff are using either tablets or smart phones to report any change of condition for follow-up.
- **Telephone Comfort Calls.** This can be set up with a phone tree or volunteer buddy system. For those who do not have online internet access or who are not comfortable with technology, a personal call provides needed social connectedness. See NRCNA's *Enhancing Socialization Through Making Meaningful Volunteer Connections During COVID-19*.
- **Virtual Programs through video conferencing.** Many software programs are free or low cost. [Tools for Reaching a Remote Audience-NCOA](#)
- **Facebook Closed Groups** may engage a person who may not be familiar or comfortable with video conferencing. For many older adults who are already familiar with Facebook, the Closed Group platform becomes a way to share information and exchange comments with others.

CREATIVE SOLUTIONS

- **New Jersey** congregate centers have begun curbside visits with participants and drive-by parades to remind older adults that their community is there for them. Another provider sends out a web link to a private YouTube tutorial where a craft project is shared. Craft supplies are delivered to participants along with their hot meal for that day. Participants (and caregiver) can do the craft along with the video and watch the video repeatedly if desired.
- **Rhode Island** SUA has developed and implemented Project HELLO (Helping Elders Limit Loneliness Outreach) to engage older adults at home during the COVID-19 crisis. The expanded tele-buddy programs support social connectedness by matching a volunteer with an older adult who wants telephone companionship. [Rhode Island Office of Healthy Aging Volunteer Opportunities](#)
- **Wisconsin** Dane County Area Agency on Aging has put together a tool to help combat social isolation and loneliness in older adults who are self-isolating or homebound. This guide provides information on providing wellness calls and programs that promote physical activity, brain health, music and art, positivity, and social connections. [Social Isolation Resource Guide](#)

RESOURCES

Socialization: Fostering Human Connections

Caring for Wellbeing of Older Adults During COVID-19: Connecting While Social Distancing

Agency: Humanitarian Disaster Institute

Website: <https://www.wheaton.edu/media/humanitarian-disaster-institute/Tip-Sheet-Caring-for-Wellbeing-of-Older-Adults-During-COVID-19.pdf>

Overview: A two-page tip sheet that provides social support and connection ideas while people remain socially distanced.

Coping with Stress

Agency: Centers for Disease Control and Prevention

Website: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Overview: Information includes tips to reduce stress, help individuals at high risk for serious illness, and understand common reactions to COVID-19. Included are descriptions of emotions that may be present coming out of self-isolation.

Coronavirus Response Campaign

Agency: Ad Council

Website: <http://coronavirus.adcouncilkit.org/>

Overview: The Ad Council—in partnership with the federal government, public health partners, board member companies, major media networks and digital platforms—has developed public service ads (PSAs) to educate the public on ways they can protect themselves and others in an effort to slow the spread. Includes:

- PSA videos
- Posters
- Print materials

engAGED-Resources on COVID-19

Organization: The National Resource Center for Engaging Older Adults

Website: <https://www.engagingolderadults.org/covid19>

Overview: Resources can provide organizations in the Aging Network with information that can help them better meet the needs of older adults in their community during these changing times. Includes:

- Video on enhancing the social engagement of older adults during COVID-19
- Best practices on helping older adults stay engaged
- Flyer highlighting ways to stay connected
- Create connections with or without technology

Enhancing Socialization through Making Meaningful Volunteer Connections during COVID-19

Issue Date: June 3, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Both the nutrition and regular connection that the OAA nutrition programs provide are now more important than ever since some form of social distancing interventions will be needed for a prolonged period due to COVID-19, which disproportionately impacts older adults. This document provides tips for your volunteers to build and strengthen these important connections.

Health, Well-Being, and/or Social Connections in a Remote Environment

Issue Date: August 31, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Resource outlines different levels of social engagement that can be used to check on older adults or to provide a social connection. Many excellent programs exist, and this tip sheet only highlights a few. Consider additional resources suggested below demonstrating best practices in the area of socialization and well checks.

Senior Centers Connect—Promoting Social Connection While Practicing Physical Distancing Agency:

National Council on Aging

Website: <https://d2mkcg26uvvg1cz.cloudfront.net/wp-content/uploads/Senior-Centers-Connect-final-03302020.pdf>

Overview: Provides practice models and resources from aging service professionals to connect participants while Senior Centers are closed. Includes practical tips and programs.

Social Connectedness for the Homebound

Agency: Iowa Department on Aging

Website: https://www.iowaaging.gov/sites/default/files/library-documents/Social_Connectedness_for_the_Homebound_Resources_2020.03.pdf

Overview: One-page tip sheet with online resources for the homebound.

State of Older Adults COVID-19 Report

Issue Date: April 2020

Agency: Pennsylvania Council on Aging

Website: <https://www.aging.pa.gov/organization/pa-council-on-aging/Pages/default.aspx>

Overview: The Pennsylvania Council on Aging (PCoA) conducted a statewide survey of older adults in response to the COVID-19 pandemic to identify how often and why older adults are leaving their homes. The document provides examples for creating programming to reduce the instances of social isolation while older adults are staying home.

Taking Care of Your Behavioral Health

Agency: Substance Abuse and Mental Health Services Administration

Website: https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-007_2.pdf

Overview: Tips for social distancing, quarantine and isolation during an infectious disease outbreak. Information includes feelings and thoughts experienced during and after social distancing, quarantine and isolation as well as suggestions for behavioral health.

Community Nutrition and Food Source

Background

In addition to SNP meals, community food programs help provide meals and nutrition assistance either on a temporary or ongoing basis for participants that qualify. Meals provided through the OAA or emergency funding may not be enough to meet an individual's nutritional needs. During the pandemic, in addition to traditional food assistance sources, faith-based and civic organizations have stepped up to support the community demands by providing food pantries and grocery delivery.

In addition to the traditional community food assistance programs, the United States Department of Agriculture (USDA), through the Families First Coronavirus Response Act, is purchasing and distributing agricultural products to those in need under the Farmers to Families Food Box Program. USDA's Agricultural Marketing Service (AMS) is partnering with national, regional and local suppliers to purchase up to \$3 billion in fresh produce, dairy and meat products. [Farmers to Families Food Box](#).

CREATIVE SOLUTIONS

- **Ohio** has provided guidelines and FAQs for the Senior Farmers Market Nutrition Program (SFMNP) during the pandemic: [Ohio Senior Farmers Market Nutrition Program](#). Ohio is also using Title III-B funds as “emergency services” to provide groceries, meals and/or assistance with obtaining emergency food boxes.
- **AARP Michigan** connected the Michigan State Unit on Aging (SUA) to the Food Bank Council of Michigan in order to assist adults 60+ throughout the state who cannot access food due to the stay-at-home order. Michigan SUA purchased 10,000 quarantine boxes (Q-boxes) from the Council, and the Area Agencies on Aging (AAA) distributed the Q-boxes. The Q-boxes provide approximately 22 well-balanced meals to feed recipients for 10 days. The boxes also contain breakfast, lunch and dinner recipes for seniors who are food insecure.

Initially, the Michigan SUA purchased Q-boxes through the Aging Adult Services Agency using administrative funds. However, Michigan SUA is now working with the public and other funders to raise additional dollars. For example, the SUA raised \$40,000 through a virtual food drive and plans to use these funds to make additional Q-boxes available.

- **Connecticut's** Southwestern Agency on Aging developed the Food Connection programs, distributing food, supplies and support to older adults during the coronavirus pandemic. Priority recipients included older adults with the greatest need due to risk factors associated with
- **COVID-19** and the inability to safely procure groceries. Each pre-packaged grocery bag provides a one-week supply of shelf-stable items as well as fresh produce, eggs, butter, bread and toilet paper. No-contact drive-through pick-up at a designated location is available in each participating town. Some limited delivery is also available for individuals who meet certain physical and transportation qualifications.

[Consumer One page Grocery Bag program](#)

RESOURCES

Federal Nutrition Programs and Emergency Food Referral Chart for Older Adults

Agency: Food Research & Action Center

Website: <https://frac.org/wp-content/uploads/Federal-Nutrition-Programs-and-Emergency-Food-Referral-Chart-for-Older-Adults.pdf>

Overview: Lists federally funded food programs for older adults under the USDA and HHS. Table includes eligibility requirements and contact information.

Partnerships with Food Banks and Other U.S. Department of Agriculture (USDA Programs During COVID-19

Issue Date: May 14, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Information regarding USDA Food and Nutrition Services programs plus food banks to address food insecurity among older adults, especially during the COVID-19 crisis. Addresses specific questions regarding USDA programs, including access to SNAP benefits through grocery pick-up or delivery.

USDA Farmers to Families Food Box Program

Agency: U.S. Department of Agriculture—Agricultural Marketing Service

Website: <https://www.ams.usda.gov/selling-food-to-usda/farmers-to-families-food-box>

Overview: Provides information on the Farmers to Families Food Box Program, funded under the Families First Coronavirus Response Act, to purchase and distribute agricultural products to those in need.

Website contains program information, webinars and other resources to understand the program.

Program Operations

Common Concerns

Food Service and Delivery

- Knowing meal requirements by funding source.
- Increased demands for service and ability to meet and sustain efforts.
- Obtaining food and supplies when shortages exist.
- Understanding considerations for delivery options to limit social contacts, including grab-and-go meals for congregate nutrition program participants.
- Identifying alternative meal providers or services to prepare or deliver meals.
- Recruiting and training new volunteers.
- Maintaining a safe work environment for staff, volunteers and participants.

Technology

- Technology challenges for safe production, packaging and delivery of food for older adults.
- Technology challenges to foster human connection and decrease social isolation.
- Technology challenges of equipment, hardware, software, training for staff and volunteers.

Nutrition, Health, and Social Supports

- Maintaining nutritional support for health.
- Lost opportunities for health promotion, disease prevention, and disease risk reduction programs.
- Lost opportunities for connections to other services and programs.
- Lost opportunities for social interaction, connections between staff and older adults and older adults with each other.

Nutritional Requirements for Meals

Background

Nutritious meals that support overall health, boost immune function and manage underlying chronic health conditions are especially important during COVID-19. Meals should remain nutritious even if states waive some or part of the nutrition requirements depending on the emergency funding sources used. Programs should continue to work with vendors to source available foods and meals that provide adequate calories and nutrition and provide medically tailored and ethnic/cultural meals as appropriate and feasible.

CREATIVE SOLUTIONS

- **Georgia** furnished to its Nutrition Provider network a recommended dietary pattern for meals during waived nutrient requirements. This action reinforces the need to continue supplying nutritionally adequate meals as feasible.
- **Iowa** provided to its Area Agencies an Iowa Guide for Menu Planning. The document can be used to develop emergency, shelf-stable, grocery and restaurant meals for sack lunches/to-go meals. The guide provides an approved Two-Week Shelf-Stable Menu, 10-Meal Grocery Kit, and 20-Meal Shelf-Stable Emergency Response Kit. The AAAs used it to partner with grocery stores to assemble their own shelf-stable meals.

RESOURCES

1/3 Calorie Intake Requirement During COVID-19

Issue date: April 29, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Certain emergency funding sources have allowed for the 1/3 DRI and DGA (Dietary Reference Intakes and Dietary Guidelines for Americans) requirement for meals to be waived during the pandemic crisis. However, it is important to provide nutritious meals with calories that will support energy expenditures.

Nutrition Requirements: DRIs/DGAs Under Supplemental Funding Due to COVID-19 Emergency

Issue Date: April 3, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Provides nutritional recommendations for emergency supplemental funding for meals.

Meal Options/Food Preparation/Food Packaging

Background

With increased demand for meals and expanded meal service (breakfast, lunch, weekends), all options should be explored. Shelf-stable or frozen meals as an alternative to hot meals allow for a more flexible delivery schedule, fewer deliveries and reduced social interactions. Exploring this option may lead to new contracts with food vendors or suppliers. A program that had been delivering hot meals daily may deliver a combination of hot and a shelf-stable/frozen meal for alternate days. Shelf-stable or frozen meals or a combination of shelf-stable and frozen may be provided for a week or multiple weeks in a single delivery, depending on the participant's ability to store and prepare meals.

Considerations for fresh, frozen, or shelf-stable meals for the SNP to bear in mind:

- **Storage**—Does the SNP have adequate freezer space available for frozen meals to be stored? For shelf-stable meals, does the SNP have adequate dry, off-the-floor, ventilated storage? Can the meals be ordered in quantities that can be safely stored and distributed?
- **Delivery**—Can the frozen meals be safely delivered and held frozen solid during the delivery process? If meal packages for frozen or shelf-stable meals are provided or a combination of frozen and shelf stable, can the meal driver safely load or carry the box or package? Can the delivery vehicle accommodate the meal packages?

Considerations for fresh, frozen or shelf-stable meals for the participants to bear in mind:

- **Storage**—Does the client have sufficient refrigerated or freezer storage? If shelf-stable, can the client open all the containers safely? Can the client safely reheat the meal? Can the client safely manage multiple meals delivered at a time?
- **Delivery**—Is the weight or size of the meal delivery manageable for the client? Can the client safely lift the package?

Alternate providers such as grocery stores, restaurants, hospitals, nursing homes or schools could be contracted to fill the void. SNPs with commissary kitchens located in close proximity for meal transport may also have the capacity to fill the need for meals. Many grocery stores have food courts that can package meals for takeout. Restaurants or grocery stores can provide additional weekend service for SNPs operating on a five-day schedule. The NRCNA has provided an [Options for Contracting Meals During COVID-19 Tip Sheet](#).

CREATIVE SOLUTIONS

- **Florida's Meals of Love** is a partnership with the Senior Resource Alliance, nine non-profit Central Florida partner agencies, local restaurants and the hospitality industry to deliver restaurant quality meals to the homes of isolated seniors and disabled adults. In addition to supporting seniors and disabled adults, as well as providing opportunities for restaurants, Meals of Love is creating new job opportunities for those in need in the community.
- The **Kansas** [Choosing Healthy Appetizing Meal Plan Solutions for Seniors \(CHAMPSS\)](#) program operates in select counties from grocery stores that have a food court/dining option. Participants are taking to-go meals at these locations rather than the dine-in option.
- In **Maryland**, the Department of Aging's Innovations in Nutrition Services and Programs grant produced and delivered a [12-day shelf-stable meal package](#) that provided 100% Recommended Dietary Intake, except for fluids. The meals were medically tailored and included Carbohydrate Controlled/Heart Healthy and Enhanced Healing (the latter focused on individuals with increased nutrient needs). Meals were highly rated by older adults: 92% of clients felt packages met their nutritional needs based on their health condition and 86% felt packages helped them eat healthier food.

RESOURCES

RESOURCES

Contracting Tips for Purchasing Meals/Food During COVID-19

Issue Date: April 20, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Provides suggestions for purchasing meals/food during the COVID-19 pandemic. Includes:

Principle of contracting and obtaining food/meals through a distributor or provider

Nutritional requirements of meals based on funding source

COVID-19 Suggestions for Senior Nutrition Programs as of March 30, 2020

Issue Date: March 30, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Provides creative ideas for congregate program delivery, meal delivery, client contact, and other nutrition program essentials.

Frequently Asked Emergency Management Questions: For Aging Services Professionals at the State and Local Levels

Issue Date: March 12, 2020

Organization: National Resource Center on Nutrition and Aging with collaboration from the Administration for Community Living (ACL) national and regional staff.

Website: www.seniornutrition.acl.gov

Overview: Information on relocation of meal sites during an emergency, emergency meals, Nutrition Services Incentive Program (NSIP), and time of service for emergency meals.

Options for Contracting Meals during COVID-19

Issue Date: May 14, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Lists foodservice providers with types and service of meals that may be an option to supplement a Nutrition Program's capacity. Includes an evaluation form for potential meal providers.

Step-by-Step Guide for Senior Nutrition Programs Seeking to Work with Food Retailers (Restaurants and Grocery Stores for Meals During the COVID-19 Public Health Emergency)

Issue Date: April 17, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Provides steps to developing partnerships with local food retailers to provide meals. Includes: Models from the network

- Step-by-step guide to developing contracts/partnerships
- Sample policies and procedures

Volunteers

Background

With the COVID-19 pandemic, SNPs are trying to navigate and leverage their organizations' need for volunteers. Many current volunteers are older adults in the high-risk group for COVID-19 susceptibility and are electing to stay sheltered at home and limit their exposure. These volunteers may have been the ones to deliver meals, package meals for home-delivery, work in food production, or provide clerical support.

Their service is valuable to program operation, and they have to be replaced. As businesses are closed or hours limited, it is possible some of their employees may be available to volunteer to fill the void. Depending on the business, some of these individuals, such as school employees or teachers, may have already had background checks. Local emergency management organizations and first responders may be another resource for short-term meal delivery.

Suggestions for volunteer recruitment/training:

- Social media can successfully communicate the need for volunteers.
- Online training for new volunteers will save valuable staff time. Route delivery procedures and important safety precautions can be included.
- Handwashing/sanitizing and delivery with face mask and no physical contact with the participant should be mandatory.

CREATIVE SOLUTIONS

Volunteer Recruitment

- **Get Shift Done** has partnered laid-off service industry workers with local nutrition programs in **Texas** and the **Washington D.C.** area. Meals on Wheels, Inc. of Tarrant County Texas received much needed kitchen help for its food production operations.
- The **Iowa** Commission on Volunteer Service (Volunteer Iowa) has partnered with the State Unit on Aging to publicize the need for volunteers through Iowa's Coronavirus webpage, the Governor's press conferences and social media pages. Some AAAs are using AmeriCorps Volunteers. The VolunteerIowa.org website has a link for COVID-19 volunteer opportunities.
- In **New Mexico**, faith-based organizations have provided volunteer support as well as food donations. Many businesses such as car dealerships have volunteered for meal delivery.

Volunteer Training

- In **North Dakota**, the ServSafe Food Safety course has been offered at no cost during this time to train senior nutrition program volunteers and new staff.
- In **Massachusetts**, the Health & Social Services Consortium (HESSCO), the Aging Services Access Point (ASAP) and Area Agency on Aging (AAA) for South Norfolk County developed a [YouTube video](#) that can be used to train new staff or volunteers for meal delivery.

RESOURCES

Volunteer Engagement and Recruitment Resources

Issue Date: April 20, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Provides various NRCNA-curated resources on volunteering.

Volunteer Opportunities and Civic Engagement

Website: <https://acl.gov/programs/volunteer-opportunities-and-civic-engagement>

Agency: Administration for Community Living (ACL)

Overview: ACL's Office of Integrated Programs provides website resources on promoting volunteerism in Older Americans Act programs, the National Resource Center for Engaging Older Adults and other useful links for recruiting volunteers.

Work Environment/Food Safety

Background

Key guidance should be provided on how foods can be prepared/delivered safely to SNP participants. All food safety protocols must be maintained and monitored including Time/Temperature Control for Safety (TCS). This is especially important if new contracts for food preparation/delivery are being used. These contractors may not be familiar with the specific SNP food preparation and delivery protocols. In addition, supporting a safe work environment with best practices for employee health, cleaning and sanitizing, and personal protective equipment (PPE) will assure continuity of operation through the crisis.

RESOURCES

Best Practices for Retail Food Stores, Restaurants and Food Pick-Up/Delivery Services During the COVID-19 Pandemic

Agency: Food and Drug Administration

Website: https://www.fda.gov/food/food-safety-during-emergencies/best-practices-retail-food-stores-restaurants-and-food-pick-updelivery-services-during-covid-19?utm_campaign=Retail_COVIDretail_04092020&utm_medium=email&utm_source=Eloqua

Overview: Provides best practices to operate retail food stores, restaurants, and associated pick-up and delivery services to safeguard workers and consumers. Key considerations include how foods offered at retail can be safely handled and delivered, as well as best practices for employee health, cleaning and sanitizing, and personal protective equipment (PPE).

Food Safety and the Coronavirus Disease 2019 (COVID-19)

Agency: Food and Drug Administration

Website: <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>

Overview: Resources for industry and consumers on COVID-19 pandemic and food safety. Includes:

- Information on food supply
- Social distancing, disinfecting and other precautions for the food industry
- Workers testing positive
- FAQs for consumers
- A one-page tip sheet (in English and Spanish) on shopping for food

Glove Use Policy and Procedures

Agency: Meals on Wheels America (MOWA)

Website: https://www.mealsonwheelsamerica.org/docs/default-source/covid-19/policies-and-procedures/covid-glove-use-policy.pdf?sfvrsn=ad93bb3b_2

Overview: One-page guide summarizes the dos and don'ts of appropriate glove use by Meals on Wheels drivers (both volunteers and paid drivers) delivering meals to seniors at home.

Guidance on Preparing Workplaces for COVID-19

Agency: U.S. Department of Labor—Occupational Health and Safety Administration (OSHA)

Website: <https://www.osha.gov/Publications/OSHA3990.pdf>

Overview: Provides information for business, staff, clients and the public to reduce the impact of COVID-19 outbreaks. For employers who have already thought ahead on influenza pandemics, planning for COVID-19 may involve updating to address the specific exposure risks, sources of exposure, routes of transmission, and other unique characteristics of COVID-19. Includes:

- COVID-19 outbreak in the workplace
- Steps employers can take to reduce exposure
- Workplace flexibilities and protections
- Workplace controls

Food Delivery/Service

Background

Limiting social contacts for meal delivery has been a priority during the COVID-19 crisis. Going forward, such patterns in food delivery and service may become the New Normal for Nutrition Programs. ACL has provided information on [Phased Reopening Guidelines for Senior Nutrition Program Operations During the COVID-19 Public Health Emergency](#).

For congregate participants, grab-and-go or drive-through models have been initiated in many community sites using an online or phone-based reservation system. Pick-up times can be staggered to accommodate an orderly and safe transfer of meals from staff to participants. These procedures also limit exposure for both congregate participants and the staff/volunteers.

Establishing designated pick-up zones for the transfer of meals to occur also supports social distancing. Participants reserving and not picking up should be contacted and provided additional time. Although these newer methods create a safer environment, all food-handling Time/Temperature Control for Safety (TCS) protocols should be observed.

For older adults that are homebound, SNP should explore all food options (see Meals Option Section) to limit delivery frequency and social contact.

CREATIVE SOLUTIONS

- In **Iowa**, most programs have switched to delivering bulk meals once a week or delivering more than one meal per delivery to limit social contact. Some congregate sites have switched to drive-through delivery, where meals are placed in the open car trunks of clients.
- **Ohio** nutrition providers have connected with local agencies to provide fresh produce in addition to the meal deliveries. Through the delivery network already established by the SNPs, AAAs were contracting with the nutrition providers for grocery delivery assistance.
- **Georgia** has provided protocols for a contactless delivery in which the meal is placed on the porch and the client is called immediately to let them know the meal has arrived and should be eaten or refrigerated.

Local Community Coordination

Background

The ability to provide for the nutritional needs of the participants served lie beyond any one SNP itself. Rather, it is working in coordination to reach the broader local and state community agencies and organizations. This includes the Aging and Disability Network; local government; first responders (law enforcement, fire and Emergency Medical Services); state and local emergency management offices; community organizations; churches and religious organizations; social services; healthcare systems; public health agencies; and other relevant partners. Businesses become part of the coordination effort, both those where a relationship already exists as well as those who have an interest in maintaining community support.

Support can be provided through volunteers, goods and services, or funding. Some SNPs have posted a wish list of needed items or volunteer positions on their websites and social media and have received a positive response from the community.

Voluntary Organizations Active in Disasters (VOAD) are community-based organizations that have made disaster-related work a priority. Such organizations include the American Red Cross, Salvation Army, and numerous faith-based organizations like St. Vincent de Paul Society. [Citizens Corps](#) is FEMA's grassroots

strategy to bring government and community leaders together to involve community members and organization in all-hazards planning, preparedness, mitigation, response and recovery.

CREATIVE SOLUTIONS

- **In Kansas,** Johnson County Area Agency on Aging changed its model from daily hot meal with volunteer delivery to frozen meals provided once a week by county staff.
- **In Texas,** Meals on Wheels Tarrant County received donations from community businesses and organizations of hand sanitizer, masks and gloves for volunteers delivering meals. A list of re-quested donations is posted on their website.
- **In Ohio,** Meals on Wheels of Southwest Ohio and Northern Kentucky provides meals to seniors through regular meal delivery services, as well as food for pets in its Pet Portions program through a partnership with SPCA Cincinnati and the IAMS Corporation.

The “Recover” Stage



Recover

RECOVER

Background

The bulk of this report has understandably focused on the “Plan and Respond” phases of emergency preparedness, in relation to COVID-19. Yet SNPs will need to continue to run well as we continue to recover and resume a “New Normal”. We need to address an ever present sense of isolation among recipients who may be facing the uncertainty and fear of resuming activities and social interaction

Eventually our country and our SNPs will recover some sense of normalcy, but it will not and should not look like the programs we administered before the COVID-19 public health pandemic. Our recipients and our staff are resilient, yet as leaders, we now look ahead to the eventual recovery stage.

Resuming any “New Normal” will require thoughtful planning. Lessons learned in the response phase of the emergency should be recorded now and included in the recovery planning. Technology solutions should be explored and implemented to continue to reinforce limited social contacts. Some procedures that were developed during the pandemic will be continued during the recovery phase, and hybrid models may yet evolve. Of course, the nation’s economic situation will affect many factors as well, such as funders’ availability to help with SNPs, or an increase in the number of older adults who newly fall into the “need help” category.

Recovery will take careful planning, including consultation with local and state health departments and local emergency management teams. It is not a one-size-fits-all, but consideration must be included for community and health resources, participant needs, and SNP resources.

Phased Reopening Guidelines for Senior Nutrition Program Operations

Suggestions for recovery planning included and are not limited to:

- Follow recommendations of national, state and local governments to assure a safe environment for clients, staff and volunteers.
- Continue priority for those individuals at a high risk for coronavirus and those at high risk for food insecurity and isolation.
- Write protocols for cleaning, sanitizing and disinfecting. Communicate them and put into consistent operation to assure a safe environment, [Guidance for Cleaning and Disinfecting-CDC](#).
- Identify technology solutions from the response phase that can be continued. Going forward, use online programs such as volunteer scheduling, client tracking and safety checks, and online document signing.
- Resuming “normal” operations will require that funding is adequate to continue current levels of service. Certain emergency funding sources with different requirements must be used during the period designated.
- Maintaining new partnerships established during COVID-19 and identifying additional partnerships as appropriate.

Resources

Reopening Guidance

Businesses and Workplaces-Plan, Prepare, and Respond

Agency: Centers for Disease Control and Prevention

Website: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>

Overview: Guidance and strategies for employers and businesses to prevent COVID -19 exposure. Also provides information for employees in the workplace. Includes:

- Prevention in the workplace resources
- Communications resources and graphics

COVID-19 Reopening Guidance: A Guide for the Restaurant Industry

Issue Date: April 22, 2020

Website: <https://restaurant.org/Downloads/PDFs/business/COVID19-Reopen-Guidance.pdf>

Organization: National Restaurant Association

Overview: Provides a framework for best practices for the restaurant and food service industries as they reopen. Information includes food safety, cleaning and sanitizing, employee health monitoring and personal hygiene and tips for social distancing in restaurants.

Cleaning and Disinfecting

Updated: July 22, 2020

Website: <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>

Overview: Provides CDC/EPA guidance on cleaning and disinfecting of a range of community-based settings (workplaces, homes, schools, home and public spaces), in addition to non-emergency vehicles and guidance for opening buildings after a shutdown.

Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools and Homes

Agencies: Centers for Disease Control and Prevention and Environmental Protection Agency

Issue Date: April 28, 2020

Website:

https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Reopening_America_Guidance.pdf

Overview: Provides steps to develop, implement and revise a plan for cleaning and disinfecting public spaces, workplaces, schools and homes.

Phased Reopening Guidelines for Senior Nutrition Program Operations During the COVID-19 Public Health Emergency

Issue Date: May 5, 2020

Agency: U.S. Department of Health and Human Services, Administration for Community Living

Website: https://acl.gov/sites/default/files/common/AoA%20-%20Nutrition%20Reopening-Final%20-%205-5-20_1_0.docx

Overview: This resource was developed as a collaborative effort between the National Resource Center on Nutrition and Aging, National Association of Nutrition and Aging Services Programs, National Council on Aging, and the Administration for Community Living (ACL). It provides some suggestions for senior nutrition programs to consider as their states move forward through reopening. Includes:

- Participants' needs and how best to meet them
- Social isolation of participants
- Home-delivered meal programming
- Congregate meal programming

Workplace Cleaning for COVID-19

Organization: American Industrial Hygiene Association

Website: https://aiha-assets.sfo2.digitaloceanspaces.com/AIHA/resources/Guidance-Documents/Workplace-Cleaning-for-COVID-19-Guidance-Documents_FINAL.pdf

Overview: Provides specific recommendations for COVID-19 cleaning, disinfecting and safety in the workplace. Non-healthcare workplaces need to implement procedures to reduce the risk of infection among workers and other members of the community.

Emergency Planning

Business Continuity Plan

Agency: Department of Homeland Security

Website: <https://www.ready.gov/business-continuity-plan>

Overview: A business continuity plan to continue business is essential. Includes four steps: business impact analysis, recovery of critical business functions and processes, organizing a team to manage and training.

The plan includes:

- Resources to support recovery
- Planning worksheets

Capacity-Building Toolkit for Including Aging and Disability Networks in Emergency Planning

Organization: U.S. Department of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response

Website: <https://www.naccho.org/uploads/downloadable-resources/Capacity-Building-Toolkit-for-Aging-and-Disability-Networks-2-5-19.pdf>

Overview: Resource guides for aging and disability networks to increase their ability to plan for and respond to public health emergencies and disasters. The toolkit helps programs support older adults and

people with disabilities through the emergency planning process of preparedness, response, recovery and mitigation activities. The resource was written by the National Association of County & City Health Officials and the Association of State and Territorial Health Officials, in partnership with the Office of the Assistant Secretary for Preparedness and Response and the Administration for Community Living.

Closing the Gaps: Advancing Disaster Preparedness, Response and Recovery for Older Adults

Issue Date: January 2020

Organization: American Red Cross, American Academy of Nursing

Website: <https://www.redcross.org/content/dam/redcross/training-services/scientific-advisory-council/253901-03%20BRCR-Older%20Adults%20Whitepaper%20FINAL%201.23.2020.pdf>

Overview: Provides an evaluation on disaster preparedness based on literature review, response and recovery for older adults. It proposes 25 evidence-informed expert recommendations for intervention to reduce adverse outcomes for older adults during and after disasters. Document was released before COVID-19 pandemic but provides good information for planning for an older adult population.

Focus on Aging: Federal Partners' Webinar Series/Supporting Older Adults in Emergencies: Preparedness, Response and Recovery

Agency: U.S. Department of Health and Human Services

Webinar recording: <https://videocast.nih.gov/watch=37670>

Broadcast Date: May 13, 2020

Overview: Joint project of four of the federal agencies that support the health and wellness of older adults in the U.S.: the Administration for Community Living (ACL), the Centers for Disease Control and Prevention (CDC), the Health Resources and Services Administration, and the National Institute on Aging.

Helping Older Adults After Disasters: A Guide to Providing Support

Agency: Substance Abuse and Mental Health Services Administration

Website: <https://store.samhsa.gov/product/helping-older-adults-after-disasters-a-guide-to-providing-support/PEP19-01-01-001>

Overview: Outreach workers often work with older adults after disasters. This guide helps to prepare staff for such encounters by describing common disaster reactions and providing tips and resources.

National Aging Network Organizations Websites Dedicated to COVID-19

National aging organizations provide resources targeted to older adults residing within the community during the COVID-19 crisis. These resources provide both consumer and program information that include best practice models from the aging network.

Advancing States: <http://www.advancingstates.org/initiatives/covid-19-resources/advancing-states-resources>

National Association of Area Agencies on Aging: <https://www.n4a.org/covid19>

National Association of Nutrition and Aging Services Programs: <http://nanasp.org/covid-19>

National Council on Aging:

- Resources for Older Adults and Caregivers https://www.ncoa.org/ncoa_acf/covid-19-resources-for-older-adults/
- Resources for Professionals https://www.ncoa.org/ncoa_acf/covid-19-resources-for-professionals/
- Resources for Senior Centers <https://www.ncoa.org/news/ncoa-news/national-institute-of-senior-centers-news/covid-19-resources-for-senior-centers/>
- Meals On Wheels America <https://www.mealsonwheelsamerica.org/>

Select State Websites Dedicated to COVID-19

States have posted on their main web pages information regarding COVID-19. Some states have provided aging-specific websites dedicated to COVID-19. These include information for consumers and service providers with necessary links to updated information.

- Florida Council on Aging: https://fcoa.org/covid_19
- Illinois Department on Aging: <https://www2.illinois.gov/aging/coronavirus/Pages/default.aspx>
- Iowa: <https://coronavirus.iowa.gov/>
- Kansas Department for Aging and Disability Services: <https://www.kdads.ks.gov/covid-19>
- Massachusetts Councils on Aging: <https://mcoaonline.com/coronavirus/>
- Ohio: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>
- Pennsylvania Department on Aging: <https://www.aging.pa.gov/Pages/covid-guide-for-older-adults.aspx>

Administration for Community Living (ACL) Guidelines

Background

ACL has issued guidelines specific for the aging network in dealing with the COVID-19 pandemic. This is a dynamic process as more questions and solutions emerge. Keeping older adults safe while meeting their essential needs such as nutrition and social contact are priorities. All guidelines can be found on [the dedicated COVID-19 resource hub](#). *ACL will post or link to updates on this page and share it through ACL Email Updates ([click here to subscribe](#))*. In addition, a routinely updated, comprehensive guide to ACL guidance is also available online.

ACL COVID-19 Response—Questions and Answers from the Meals on Wheels America Town Hall on March 17, 2020

Issue Date: March 31, 2020

Agency: Administration for Community Living

Website: https://acl.gov/sites/default/files/COVID19/C19Q%26A-MOWATownHall_2020-03-31.pdf

Overview of topics:

- Eligibility to allow congregate meals to be served in non-congregate setting
- Meal delivery via other delivery methods
- Voluntary contributions
- Sources for meals

Enhancing Socialization through Making Meaningful Volunteer Connections during COVID-19

Issue Date: June 3, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Document for tips for SNPs volunteers to build and strengthen social connections with participants.

FAQs—Groceries and the Older Americans Act (OAA) Programs

Issue Date: May 12, 2020

Agency: Administration for Community Living

Website: www.seniornutrition.acl.gov

Overview: Answers to common questions regarding providing groceries through the Older Americans Act funding. Topics include:

- Community nutrition and food sources
- Meal options
- Reporting

FAQs Based on Call with ACL and State Unit on Aging Directors on April 1, 2020

Issue Date: April 7, 2020

Agency: Administration for Community Living

Website: https://acl.gov/sites/default/files/common/AoA%20-%20FAQs_CallWithSUAs_April082020_FINAL.docx

Overview: Addresses questions raised during a call between ACL and the State Unit on Aging Directors. Topics include:

- Flexibilities allowed in the CARES Act for Nutrition Services
- Major Disaster Declaration and flexibility allowed for Older Americans Act
- Timeframe for expenditures

FAQs Based on Call with ACL and State Unit on Aging Directors on April 8, 2020

Issue Date: April 14, 2020

Agency: Administration for Community Living

Website: https://acl.gov/sites/default/files/common/AoA%20-%20FAQs_CallWithSUAs_April082020_FINAL.docx

Overview: Addresses questions raised during a call between ACL and the State Units on Aging Directors. Topics:

- Reporting requirements
- Funding/fiscal requirements

Fiscal FAQs: COVID-19 Emergency Older Americans Act Funding, Families First Coronavirus Response Act (FFCRA), CARES Act, and Older Americans Act Reauthorization of 2020 Updates

Issue Date: April 11, 2020

Agency: Administration for Community Living

Website: https://acl.gov/sites/default/files/common/AoA%20-%20Fiscal%20FAQs%20Updates%20FINAL%204-8-2020_0.docx

Overview: FAQs about supplemental funding of the FFCRA and the CARES Act for Congregate Meals (Title III C1) and Home-Delivered Meals (Title III C2). Topics:

- Purpose of FFCRA and CARES Act funding
- State Plan and Area Plan Administration
- Funding/fiscal requirements

FAQs Based on Call with ACL and State Unit on Aging Directors on March 23, 2020

Issue Date: March 27, 2020

Agency: Administration for Community Living

Website: https://acl.gov/sites/default/files/COVID19/C19FAQ-ADvancingStatesCallSUAs_2020-03-27.pdf

Overview: FAQs include these topics:

- Extension of State Plans
- Essential services
- Reporting requirements
- Information and referral
- Nutrition
- Social isolation

Health Well-Being Social Connections

Issue Date: August 31, 2020

Organization: Administration for Community Living/National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: The resource outlines different levels of social engagement that can be used to check on older adults or to provide a social connection. This tip sheet only highlights a few examples that are being utilized within the aging network.

Nutrition Requirements: DRIs/DGAs Under Supplemental Funding Due to COVID-19 Emergency

Issue Date: April 3, 2020

Agency: Administration for Community Living, National Resource Center on Nutrition and Aging

Overview: Clarifies nutritional requirements for supplemental emergency-funded meals.

Website:

Topics: www.seniornutrition.acl.gov

- Considerations for the nutrient requirements of emergency meals
- Eating patterns that provide adequate nutrition in line with DGA/DRI requirements

Nutrition Services Incentive Program of the Older Americans Act and States

Issue Date: March 30, 2020

Agency: Administration for Community Living

Website: <https://acl.gov/sites/default/files/common/AoA%20--%20Nutrition%20NSIP.docx>

Overview: Summarizes the Nutrition Services Incentive Program (NSIP) and clarifies requirements and allocations for funding.

Older Americans Act COVID-19 Guidance Comprehensive Guidance Reference

Issue Date: July 8, 2020

Agency: Administration for Community Living

Website: https://acl.gov/sites/default/files/common/Posted%20-%20COVID-19%20AoA_Guidance%20Collections%20from%20ACL%20website_Final_07082020.pdf

Overview: Comprehensive listing of resources with hyperlink for ACL guidance issued to date.

Partnering with USDA Programs During COVID-19

Issue Date: July 22, 2020

Organization: National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: During COVID-19 pandemic with increasing need for meals, food, and other nutrition services, SNPs may want to serve additional meals to older adults and partner with USDA programs to enhance nutrition programs as well as increase food access and availability to older adults. This document goes over questions and answers about working with USDA Programs.

Senior Nutrition Programs and Sustainability Elements for Sustainability: Establishing a Private Pay Program

Issue Date: August 10, 2020

Organization: Administration for Community Living/National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: This brief is intended to assist SNPs with preparation for the future, including fee-for-service private pay systems that may be appropriate during times of more limited funding.

Senior Nutrition Program Meal Services Elements for Sustainability: Guide to Prioritizing Clients

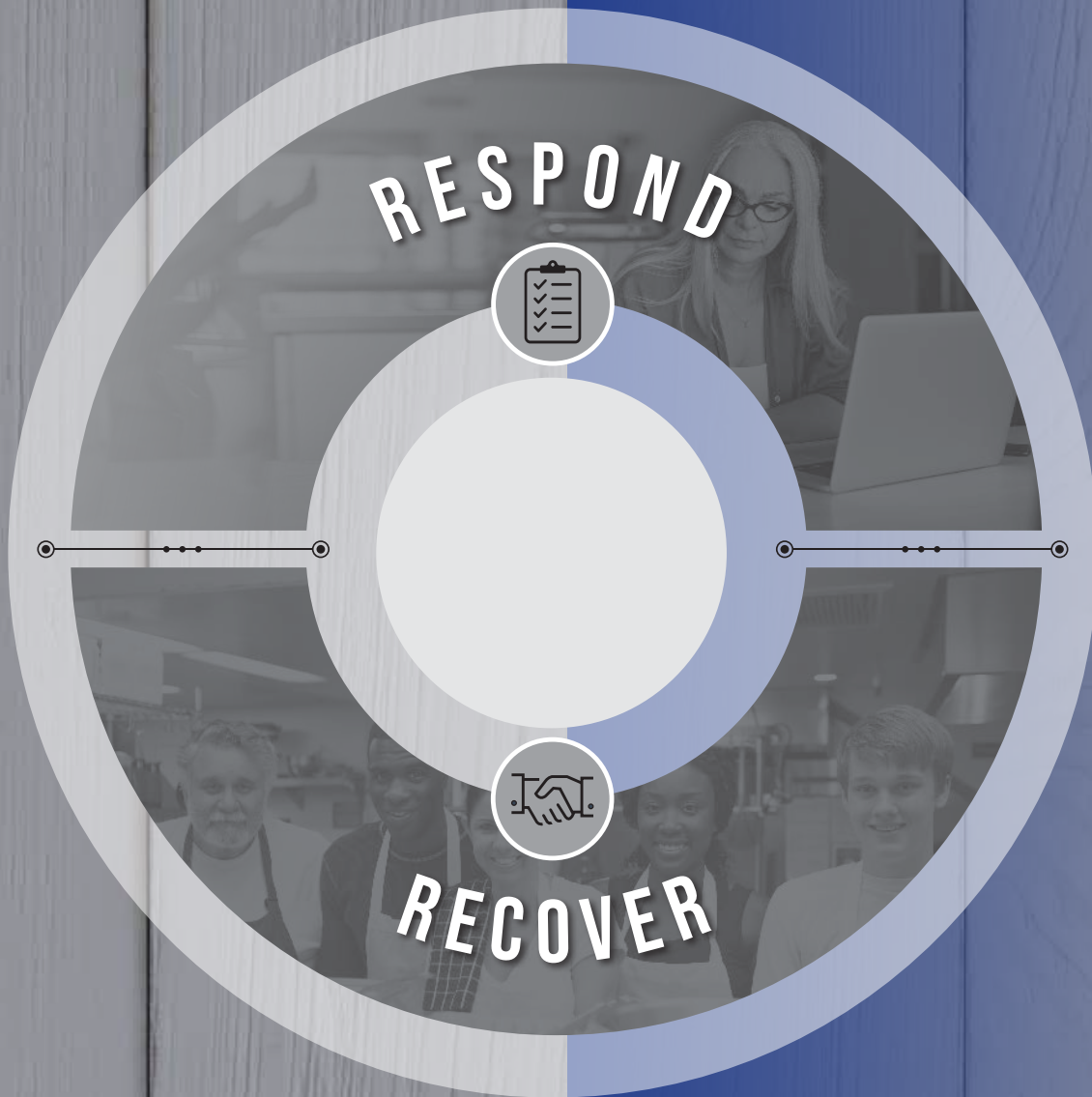
Issue Date: August 12, 2020

Organization: Administration for Community Living/National Resource Center on Nutrition and Aging

Website: www.seniornutrition.acl.gov

Overview: Document describes factors a State Unit on Aging, Area Agency on Aging or SNP should consider in creating a prioritizing process for client services.

Conclusion



Conclusion

Conclusion

SNPs will continue to balance efforts to limit exposure to the virus among their staffs and clients, while seeking to meet the nutritional needs of the community-dwelling older adults they serve. This is an evolving process as more is learned about the COVID-19 virus.

This report is a starting point for implementing a plan to respond, recover, and mitigate the threat of this pandemic. As detailed in this report, a wealth of information is available online from federal, state and local governments as well as organizations focused on community support.

As SNPs continue operations in this new and challenging situation, there will be many unknowns to address. However, a dedicated network of aging services professionals will continue to innovate, leverage current and emerging technologies and establish new strategic partnerships. These efforts will bring forth creative, efficient and client-centered solutions to meet this historic challenge.

