To qualify for home delivered meals, the following steps need to be taken:

1. Client has a doctor or nursing service fill out the medical referral and return it to:
   Wharton County Junior College Senior Citizen Program
   911 Boling Highway
   Wharton, Texas 77488

2. Senior Citizen’s Program personnel will visit the client’s home after the medical referral is received to get needed information and check to see if the person is eligible (federal eligibility guidelines are enclosed). Due to limited monies, home delivered meals are delivered by staff only in the cities of Wharton and El Campo; volunteers must be found for other areas in the county.

3. After the home visit is made, one of the following will take place:
   a.) Homebound services will begin
   b.) Client will be put on a waiting list
   c.) Client will not qualify and will not receive services at that time.

Home Delivered Meals meet 1/3 of the USDA daily requirements. Clients receive five meals a week, hot or frozen, that are nutritious low cost meals just lightly seasoned.

These services are donation based and donations are encouraged.

The goal of the program is to help seniors maintain their independence in their own home. When the senior citizen becomes more active and is not homebound, and/or is able to perform the duties themselves or someone else performs these duties, then the services will stop and the senior is encouraged to participate in the center’s nutrition program. The same meal is served at the centers.

If additional information is needed, please call the Wharton County Junior College Senior Citizen Program office at (979) 532-6430.

Caroline R. Osborne
Director
To qualify for home delivered meals, the following steps need to be taken:

1. Client has a doctor or nursing service fill out the medical referral and return it to:
   Wharton County Junior College Colorado County Senior Citizen Program
   316 Spring St.
   Columbus, Texas 78934

2. Senior Citizen’s Program personnel will visit the client’s home after the medical referral is received to get needed information and check to see if the person is eligible (federal eligibility guidelines are enclosed). Due to limited monies, home delivered meals are delivered by staff and volunteers only in the cities of Columbus, Weimar and Eagle Lake; volunteers must be found for other areas in the county.

3. After the home visit is made, one of the following will take place:
   a. Homebound services will begin
   b. Client will be put on a waiting list
   c. Client will not qualify and will not receive services at that time.

Home Delivered Meals meet 1/3 of the USDA daily requirements. Clients receive five meals a week, hot or frozen, that are nutritious low cost meals just lightly seasoned.

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If additional information is needed, please call the Wharton County Junior College Senior Citizen Program office at (979) 532-6430.

Caroline R. Osborne
Director
GUIDELINES FOR HOME DELIVERED MEALS

Confined to the home and unable to prepare one’s own nutritious meals and whose isolation may be demonstrated by lack of support to obtain nutritious meals from family, friends or other resources.

A.) Eligibility

1. A person age sixty years (60) or over who is homebound by reason of illness, incapacitating disability or is otherwise isolated, is eligible to receive home delivered meal services. (Potential client is able to leave their home, on occasion, with escorted assistance).

2. The spouse of an eligible client, regardless of age or condition, may receive a home delivered meal if, according to criteria, determined by the nutrition services provider and approved by the Area Agency on Aging, receipt of that meal is in the best interest of the homebound older person.

3. Needs Assessment must meet program criteria.

B.) Preferred Target Group

The preferred target group consists of eligible persons with the greatest economic or social needs, and particularly low-income minority elderly and others who may not eat adequate and nutritious meals because they are incapacitated or disable due to an accident, illness or frailty; unable to prepare meals due to their limited mobility, psychological or mental impairment, inability to safely prepare meals and/or lack of knowledge to select and prepare nourishing and well-balanced meals; and without resources such as family, friends, or other community services to provide them with meals.
NAME ______________________________________________ PHONE (_____)______________
ADDRESS __________________________________________ AGE ___________
FAMILY MEMBER TO CONTACT IN CASE OF EMERGENCY __________________________
ADDRESS __________________________________________ PHONE (_____)______________
PHYSICIAN _________________________________________ PHONE (_____)______________

1. IDENTIFY PAST PHYSICAL PROBLEMS______________________________________________
2. IDENTIFY PRESENT PHYSICAL PROBLEMS__________________________________________
3. MEDICAL DIAGNOSIS _____________________________________________________________
4. IDENTIFY LIMITATIONS___________________________________________________________
5. SPECIAL INSTRUCTIONS TO FOLLOW______________________________________________

6. SIGNS AND/OR SYMPTOMS IDENTIFYING COMPLICATIONS____________________________

7. TYPE OF SERVICE (Home Delivered Meals) AND REASON FOR NEEDING THE SERVICE


8. The nutrition center menus contain 1/3 of the essential nutrients required for the elderly according to
the nutrient standards based on the Recommended Dietary Allowances. Menus are planned by a
registered dietitian who is a member of the American Dietitian Association. The meals are basically
lightly seasoned. Special diet menu are not available. A substitution is made for dessert for diabetics.

Do you recommend that your client receive the meals?
YES _____ NO _____

9. MEDICAL PERSONNED AUTHORIZED SIGNATURE (REQUIRED): ______________________
10. MEDICAL SERVICE PROVIDER: ____________________________
     TELEPHONE NUMBER: ____________________________

4/15/2008
Please complete and return to:
WCJC Colorado County Senior Citizen Program, 316 Spring Street, Columbus, Texas 78934
FAX NO. (979) 732-5606

PROGRAM FOR SENIORS 60 YEARS AND OLDER
WCJC COLORADO COUNTY SENIOR CITIZENS MEDICAL REFERRAL
HOMEBOUND MEALS

| NAME ______________________________ | PHONE (___) __________ |
| ADDRESS ____________________________________________ | AGE __________ |
| FAMILY MEMBER TO CONTACT IN CASE OF EMERGENCY __________________________ |
| ADDRESS ____________________________________________ | PHONE (___) __________ |
| PHYSICIAN ________________________________________ | PHONE (___) __________ |

1. IDENTIFY PAST PHYSICAL PROBLEMS
2. IDENTIFY PRESENT PHYSICAL PROBLEMS
3. MEDICAL DIAGNOSIS
4. IDENTIFY LIMITATIONS
5. SPECIAL INSTRUCTIONS TO FOLLOW
6. SIGNS AND/OR SYMPTOMS IDENTIFYING COMPLICATIONS
7. TYPE OF SERVICE (Home Delivered Meals) AND REASON FOR NEEDING THE SERVICE

8. The nutrition center menus contain 1/3 of the essential nutrients required for the elderly according to the nutrient standards based on the Recommended Dietary Allowances. Menus are planned by a registered dietitian who is a member of the American Dietitian Association. The meals are basically lightly seasoned. Special diet menu are not available. A substitution is made for dessert for diabetics.

Do you recommend that your client receive the meals?
YES _____ NO _____

9. MEDICAL PERSONNED AUTHORIZED SIGNATURE (REQUIRED): ______________________
10. MEDICAL SERVICE PROVIDER: ____________________________________________
     TELEPHONE NUMBER: _______________________________________________