



# Meals on Wheels SA

## Wellbeing Independence and Social Connection

**Contact** The WISE Team on **(08) 8444 0441** or Meals on Wheels SA **1800 854 453** to book in and find out more about Meal Preparation activities. Funded by the Commonwealth Home Support Program (CHSP). Email us at [wise@mealsonwheelssa.org.au](mailto:wise@mealsonwheelssa.org.au)

### Meal Preparation

(available across all Adelaide Metro Regions)

(available regionally in the Yorke, Lower and Mid North and Barossa)

**GOAL: To create opportunities for people to have greater independence, while participating in the community, to develop skills and knowledge, share food, and create friendships beyond the formal involvement of the organisation.**

Meal Preparation refers to:

- Assistance with preparing and cooking a meal at home to promote knowledge, skills, independence, confidence and safety.
- Advice on food including food preparation and nutrition, and lessons and training in food storage and safety.

There are 2 ways people can request Meal Preparation.

Firstly, WISE offers **in-home** individualised meal preparation opportunities. This is based on developing skills and capability. This activity requires customer participation. The meal preparation is not done for the customer. Secondly, **community-based** education activities, in community settings, villages, halls, and Meals on Wheels Branch locations.

#### Meal Preparation In-Home

Customers can request an in-home visit with the WISE Coordinator to do a home assessment of their kitchen and food preparation needs. A plan is co-designed based on their identified goal. This can include recipes, fact sheets and use of technology to assist with shopping needs. A volunteer is matched and is available to assist the customer to meet the goals outlined in the plan, through a series of visits to achieve the goal.

#### Meal Preparation in Community

When the person's identified goal is oriented to enhancing their social capacity, meeting new people and sharing food with others, the community options enable them to engage with other people while learning skills, improving knowledge in meal preparation and food hygiene. WISE has developed a selection of activities in local communities.

Titles include **Cook & Connect** a term based (5 session) cooking class in their region; **Mates with Plates** an educative demonstration with taste sensations; **High Tea for Wellbeing** an afternoon tea with wellbeing strategies & speakers built into a nourishing social activity; **Nourishing Village Life** where Meal Delivery customers participate in a community lunch in their own village **or** local seniors can have lunch at their local Meals on Wheels Branch monthly.

All activities are supported by volunteers with current first aid and food handling certification. Volunteers assist as social navigators, kitchen connectors and kind companions, building rapport and confidence with the participants.

### Meal Preparation code required

The WISE Program is funded at the Entry level support (Commonwealth Home Support Programme). **Participants require a Meal Preparation code to participate.** Request a code by reaching out to the Single Assessment Service who completed an initial assessment or make a request with My Aged Care.

Funding covers most of the costs associated with the Meal Preparation activities which directly involve the older person to promote their independence through education and re-skilling activities. A CHSP customer contribution can be \$5 to \$10 per attendance depending on the activity. (in line with the National CHSP Client Contribution Framework).

### Meal Preparation Staff qualifications

All paid staff involved in the preparation and handling of food are trained and provided with information regarding safe food handling as it relates to their activities. CHSP providers are required to comply with state and territory-based references and guidelines relevant to safe food handling practices.

All advice and instruction on nutrition is provided by an Accredited Practising Dietitian, a Certificate IV Nutrition and Dietetics Assistant under the guidance of an Accredited Practising Dietitian, or a qualified nutritionist.

### The WISE Team applies wellness and reablement approaches in these ways:

- **Promote independence:** People value their independence. Loss of independence and connection to community can have devastating implications. WISE aims to actively promote an older person's independence so they can continue to live fulfilled, autonomous and confident lives.
- **Identify the person's goals:** WISE supports the person to set, plan, and actively work towards their goals and improved independence wherever possible.
- **Focus on strengths:** The focus is on what a person can do, rather than what they cannot. Wherever possible, WISE aims to assist a person to retain, regain, or grow skills, and avoid creating dependencies.
- **Support older person to reach their potential:** WISE staff and volunteers play an active role in helping people maintain and extend their activities in line with their capabilities.
- **Individualised support:** Service delivery is tailored according to the person's goals, aspirations, capabilities, and needs.
- **Regular review:** The person's assessment and ongoing review is set at 12month intervals. It focuses on progress towards a person's goals and consider the support and duration of services required to meet these goals.

### Time-limited support:

Wellness and reablement often involves short-term support, with the specific aim of helping the person getting back to doing things for themselves. Time-limited reablement services tend to be delivered within 6-12 sessions. People are celebrated to move on, to new goals, beyond the scope of this service and activity. New goals enable people to build on new skills, confidence and social connections.

All services are informed by and aligned with the Strengthened Aged Care Quality Standards, ensuring safe and effective supports for daily living that optimise consumer independence, health, well-being, and quality of life.