Bergen County Division of Senior Services
Aging & Disability Resource Connection
MEALS ON WHEELS APPLICATION
Fax 201-336-7424 Tele. 201-336-7420

Date of application _____ /_____ / 2020

Submitted by-

☐ Applicant ☐ Other ***(indicate whom)***_____

☐ **Applicant wants home delivered meals and agrees to follow program policies and procedures.**

Applicant language: If non-English speaking indicate language spoke

Homebound Status:

XX Covid-19 pandemic - Unable to obtain or prepare meals

Diet: Regular/Heart Healthy/ No added salt

Special diets are not available

Living Arrangement *(select **all** that apply)* ☐

☐ Live alone
- ☐ **Female Head of Household**

☐ With spouse/ domestic partner /civil union

☐ With roommate/family or other informal caregiver
- ☐ **Caregiver is not home during the day**
- ☐ **Caregiver is home during the day**

☐ Applicant is caring for a disabled child

Do you receive Medicaid?
☐ Yes ☐ No

Do you receive Managed Long Term Support Services **(MLTSS)**
☐ Yes ☐ No

MLTSS recipients must contact their Managed Care Health Organization Case Manager

Last Name	**First Name**	**MI**	**Nick Name or Preferred Name**

Address	**Apt/Floor**	**City**

Date of Birth ***(mm/dd/yy)*** **Age**

Telephone Number **Primary**
Home ( ) ☐
Mobile ( ) ☐
Email

Driver Instructions
☐ Front door ☐ Back door ☐ Side door

Directions to home ***(include cross street)***

During COVID-19, the delivery person cannot enter your home or apartment building for your health and safety and that of other residents and the delivery person. The delivery person will telephone when on the way, or knock on your door. The delivery person must have telephone or visual contact with you before leaving meals outside your door. If you do not respond, meals will NOT be left. Please listen for your delivery person on your delivery day so you do not miss your delivery.

Ethnicity ***(select one)***
☐ Not Hispanic/Latino
☐ Hispanic/Latino

Race ***(select one or more; information collected for federal statistics)***
☐ American Indian/ Alaskan Native ☐ Asian ☐ Black/African American
☐ Pacific Islander/Native Hawaiian ☐ White ☐ Other

X Frail **X** Disabled
X Vulnerable

Sex/Gender
☐ Female ☐ Male ☐ Intersex
☐ Transgender ☐ Other

Sexual Orientation (optional): ☐ Heterosexual/Straight
☐ Lesbian/Gay ☐ Bisexual ☐ Unsure
☐ If not listed above, please specify.

Veteran of US Armed Service, or a dependent of a US Veteran
☐ Yes ☐ No

Income ***(select one)***
☐ $0-1,063. month (1-person household) ☐ $1,064.-2,698.month (1-person household) ☐ $2,699. month or above (1-person household)
$0-1,436. month (2-person household) $1,437.-3,540. month (2-person household) $3,541. Month or above (2-person household)

Emergency Contact Information: **Telephone Number ☑ indicates primary**

Name	Relationship	☐ Home	☐ Business
Town ☐ Authorize to discuss case with this contact		☐ Mobile	Email
Name	Relationship	☐Home	☐ Business
Town ☐ Authorize to discuss case with this contact		☐ Mobile	Email

☐ **By submission of this application, I certify that the information provided for my eligibility determination is correct to the best of my knowledge, and I understand and agree to the client responsibilities when accepting this service.**

INSTRUMENTAL ACTVITIES OF DAILY LIVING In the last 7-days, if you've had some difficulty in performing any of the following tasks by yourself, or required personal or standby assistance, or supervision, check 'difficult to do myself'.

1. Prepare Meals ..... ☐ Difficult to do myself
2. Laundry/Ordinary Housework.. ☐ Difficult to do myself
3. Heavy Housework .... ☐ Difficult to do myself
4. Shopping ..... ☐ Difficult to do myself
5. Manage Medicine..... ☐ Difficult to do myself
6. Use Transportation..... ☐ Difficult to do myself
7. Pay Bills/Manage Money.....☐ Difficult to do myself
8. Use the Telephone..... ☐ Difficult to do myself

ACTIVITIES OF DAILY LIVING In the last 7-days, if you've had difficulty or required any help in performing the following tasks, check 'difficult doing by myself'.

1. Bathing..... ☐ Difficult to do by myself
2. Dressing..... ☐ Difficult to do by myself
3. Eating.....☐ Difficult to do by myself
4. Getting out of the bed or chair... ☐ Difficult to do by myself
5. Walking .....☐ Difficult to do by myself
6. Toileting ..... ☐ Difficult to do by myself

NUTRITION SCREENING *The warning signs of poor nutritional health are often overlooked. This survey will help identify if you are at nutritional risk.* Read the statements below. Check the appropriate column.

1. Do you eat fewer than 2 meals a day?	☐ *No*	☐ *Yes*		
2. Do you eat alone most of the time?	☐ *No*	☐ *Yes*		
3. Do you eat fewer than 2 servings of milk or milk products a day?.....	☐ *No*	☐ *Yes*		
4. Do you eat fewer than 5 servings of fruits and/or vegetables a day?.....	☐ *No*	☐ *Yes*		
5. Do you have 3 or more drinks of beer, liquor, or wine almost every day?.....	☐ *No*	☐ *Yes*		
6. Without wanting to, have you lost or gained weight in the last 6 months?.....	☐ *No*	☐ *Yes, lost*	☐ *Yes, gained*	
7. Do you have an illness or health condition that made you change the kind or amount of food that you eat? (Ex: Diabetes, Heart Disease, Kidney Disease, etc.)	☐ *No*	☐ *Yes*		
8. Do you take 3 or more prescribed or over the counter drugs a day?.....	☐ *No*	☐ *Yes*		
9. Are you unable to physically shop, cook, and/or feed yourself, or get someone to do it for you?.....	☐ *No*	☒ *Yes*		
10. Do you have a problem with your teeth or mouth that makes it hard to eat?.....	☐ *No*	☐ *Yes*		
11. Do you sometimes run out of money to buy food?.....	☐ *No*	☐ *Yes*		

If you wish to speak with a dietitian regarding your nutritional health, please check this box. ☐

The **WELLNESS CHECK PROGRAM** is an automated telephone reassurance program designed to check on the well-being of residents who live alone, are homebound, and over the age of 60, or age 18+ with a disability. Meals on Wheels participants are encouraged to enroll in this program.

☐ **Check if you DECLINE to be enrolled or receive information about the Wellness Check Program.**

Frozen Meal Plan:
One week supply of 7-frozen meals delivered on a scheduled day each week.
Each meal includes: Entrée (Meat/starch/vegetable), milk, bread, fresh orange, dessert

Frozen meals are fully cooked and can be reheated in a conventional or microwave oven.

INDIVIDUAL RESPONSIBILITY

- You must be home to accept your meal delivery and make contact with the driver. Your driver can not leave your meal without knowing that you are safe.
- Drivers must have safe access to your door including but not limited to proper restraint or confinement of all pets during delivery.
- If you have a doctors' appointment or will not be home, you must temporarily suspend your meal delivery by calling Meals on Wheels no later than 12:00 noon the business day before. You can leave a message any time of the day, 7-days a week.
- If you do not hear the door and find an '*Attempted to Deliver*' tag left by the driver, or receive a voice message, call Meals on Wheels immediately at **201-336-7420**. If we do not hear from you, we will stop your meal delivery and may call the police to check on your well-being.
- Repeated failure to suspend your delivery or late suspension may result in termination from the program. Food is a valuable resource that we cannot waste.
- A voluntary donation of $1.25 per meal is suggested. Please donate whatever you are able.
- We can only provide one meal a day, and we may not be able to deliver that meal as planned on any given day due to hazardous weather conditions or other unforeseen circumstances. You must keep food in your home at all times.
- Every 6-month a face-to-face assessment in your home is required to determine your eligibility to continue to receive home delivered meals and to provide possible referrals for other services to benefit you. A representative will contact you to schedule an appointment within a four--hour window. A family member or caregiver can be present if you wish.