

## Home Care Case Coordinator Service Considerations: Meal Preparation

Where a client is unable to prepare meals independently:

- A referral to therapy is completed, to assist in determining which tasks a client can perform and which tasks a client can be taught to perform safely.
- The Case Coordinator will discuss with the family/caregivers in the household their ability to prepare the meals, including leaving a prepared meal when absent at mealtime.
- Where there is no one in the household to prepare meals, it is anticipated that family/caregivers/relatives nearby would assist by periodically preparing and leaving prepared meals, or that delivered meals, such as Meals on Wheels, or congregate meals would be arranged.
- The care plan should include client participation in meal planning and preparation to the fullest extent practical.
- Where the client is dependent for the majority of meals, it is anticipated that congregate meals would be used to their maximum availability, up to five days per week, based on client's ability to access and afford. Where family/caregivers/relatives cannot realistically provide meals on the remaining days, Home Care service would be provided.
- Wherever Home Care meal preparation is provided, the possibility of utilizing a pattern, which provides some advance meal preparation, such as bulk meal preparation, should be integrated into the care plan. In such instances, it is expected that the client/family/caregiver ensure adequate groceries and individual freezer containers are available for the advance meal preparation. It is encouraged that the client/family/caregiver provides a menu plan for the meals that they would like prepared. The care plan should take into account situations where the client is capable of warming/serving the prepared meal.
- Where the client is incapable of warming/serving a prepared or delivered meal or accessing congregate meals, additional Home Care meal preparation may be necessary where family/caregiver are not able to assist.
- Where a special diet is not available through delivered and congregate meals or family/caregiver, Home Care meal preparation will be provided.
- Community resources such as Support for Seniors in Group Living (SSGL) workers/volunteers should be accessed prior to Home Care services for clients who require assistance to and from meal programs or delivery of meals.