

How Successful Performance is Being Measured

1. The value of meals in helping a senior remain healthier and maintain their Independence at home.

The Division of Aging & Adult Services has implemented performance/outcome measures state-wide which address whether seniors in our meal programs eat more balanced meals, are better able to avoid sodium/fat, and as a result of the program, they can continue to live in their home.

A state-wide survey was administered in 2014 by The Division of Aging & Adult Services. The findings are consistent with national studies demonstrating the value of Meal-on-Wheels.

In Utah, Meals-on-Wheels recipients reported the following:

- 83% said the meal helped them to continue to live at home.
 - 72% said the meal was their primary meal of the day.
 - 82% said that knowing someone will be delivering a meal helped them feel safe at home.
 - 55% said the driver or volunteer was the only person they saw some day.
2. The cost efficiencies and benefits of reducing additional governmental expenditures are demonstrated by:
 - Seniors can receive a meal five days per week for a year for the same cost as 1 day in the hospital or 6 days in a nursing home.
 - Studies in the country which demonstrate that investing in Meals-on-Wheels help keep seniors out of nursing homes and saves substantial Medicaid expenditures.

Efficiencies & Endeavors by Area Agencies on Aging

- We use volunteers extensively in senior centers and in delivering Meals-on-Wheels. (112,000 hours contributed, equaling 54 F.T.E's., valued at \$2.5 million.)
- We have raised the suggested donation request that seniors contribute for their meals. Currently 19% of the total meal program cost is covered by senior donations.
- We have created non-profit organizations to raise funds to augment our programs.
- Directors and staff of Area Agencies on Aging have other full time job responsibilities in their jurisdictions which lessens administrative charges, increasing funds available for senior programs.
- Area Agencies on Aging are partnering with private sector organizations, such as hospitals and healthcare organizations to provide services.