

edmonton
meals on wheels
Going Home Program

Purpose

This program, funded by Edmonton Meals on Wheels, provides a limited number of Edmontonians with complimentary short-term nutritional support following a hospital stay. Eligible participants will receive 14 meals (2 weeks of service). In addition to meals, this program offers social connections, informal wellness checks, and community support.

Goals/Outcomes

To bridge the challenges associated with maintaining independence

- Participants report that meal delivery increased feelings of safety and well-being

To enhance food security for eligible participants

- Participants report that barriers to accessing adequate and appropriate nutrition are reduced

To reduce the anxiety related to accessing meals during stressful and challenging times

- Participants report that the project reduced feelings of stress and anxiety about accessing meals while remaining at home

To enhance emotional and social well-being (social connections) for participants while remaining at home

- Participants report looking forward to and enjoying the volunteer's visit
- Participants report that feelings of loneliness during the program were reduced

Scope of Service

The service will be offered to individuals who are recently discharged from hospital and meet the criteria below. Individuals may receive this complimentary service one time as an introduction to Meals on Wheels services.

Eligibility Criteria

To be eligible individuals must:

1. Be referred to the program by a home care or other health care professional including a dietitian, social worker, or occupational therapist
2. Live in Edmonton (excludes St. Albert, Sherwood Park, Spruce Grove)
3. Have the ability to heat up the meal and serve themselves (access to a microwave and the ability to read and follow instructions).
4. Have the ability to consume food orally independently, **AND** meet at least one of the following criteria:
 - a) Limited home support such as: lives alone, minimal family or caregiver support, or socially isolated
 - b) Unable to effectively access groceries and manage meal preparation following hospital discharge

**For more information or to request a referral package contact us at:
orders@emow.ca or call (780) 429-2020.**