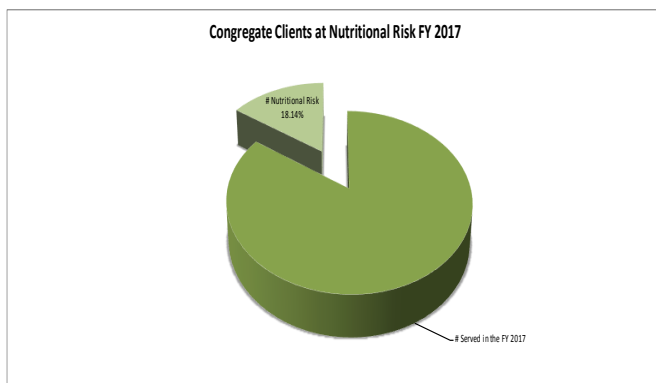


## KENTUCKY DEPARTMENT FOR AGING AND INDEPENDENT LIVING:

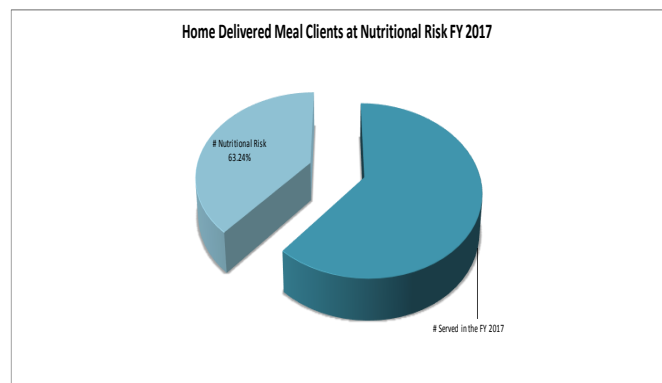
Oversee administration of statewide programs and services on behalf of Kentucky's elders and individuals with disabilities.

In partnership with Kentucky's Area Agencies on Aging and Independent Living, community mental health, Center for Independent Living and other community partners, DAAL provides leadership and addresses issues and circumstances that stand in the way of elders and individuals with disabilities achieving the best possible quality of life.

The Nutrition Program for the Elderly includes Home Delivered Meals and Congregate meals at senior centers. The program helps improve the eating habit of participants, offers social networking opportunities and helps the participant remain healthy and independent by reducing hunger and food insecurity.



Total Congregate Clients Served in 2017: 14,658



Total Home Delivered Meals Clients Served in 2017: 8,294

## OUR STEPS TO COMBAT MALNUTRITION:

- ⇒ Conduct a Nutritional Risk Screen on every client entering the program and again at reassessment annually.
- ⇒ A client scoring 6 or more is referred to a Registered Dietitian and / or family physician.
- ⇒ Started Malnutrition Screening Tool (MST) Pilot Project October 2017, in five of the fifteen districts.
- ⇒ [A Senior Nutrition and Wellness Newsletter is distributed monthly. Every September the focus is malnutrition.](#)
- ⇒ MST pilot project—The MST screen is entered in the state reporting system (SAMS) and data is collected every quarter. Collected data for our programs through our electronic managing system to determine total clients at nutritional risk and malnutrition risk. This information is shared to improve awareness.
- ⇒ [Developed an educational flyer about programs available through the Area Agencies on Aging and Independent Living that includes phone numbers to call for assistance.](#)
- ⇒ Partnered with the Kentucky Hospital Association to collect data on the knowledge within hospitals of the Area Agencies on Aging and Independent Living programs.
- ⇒ Provided a webinar to the Kentucky Hospital Association on Malnutrition that was available to all hospitals across the state. The webinar assisted with educating on validated nutritional screens, identification of malnutrition, documentation across all disciplines, and proper diagnosis codes.
- ⇒ The Kentucky Hospital Association is working with some of our Area Agencies on Aging and Independent Living and making contacts with hospitals to open up lines of communications and programs for high risk patients.
- ⇒ Evaluating Nutrition education programs to better combat malnutrition. This will help enlist change in the state to lower risks factor related to malnutrition.
- ⇒ [Kentucky Department for Aging and Independent Living Nutrition Program Website](#) to find trainings and information.