

TOGETHER, WE CAN DELIVER.™

The number of seniors in Contra Costa County will grow exponentially over the coming years. Meals on Wheels is a proven public-private partnership that effectively addresses the challenges of aging by promoting health and improving quality of life for our most vulnerable seniors. By leveraging the national Meals on Wheels network, we have the opportunity to not only keep seniors at home, but also save millions in tax dollars in Contra Costa County by keeping them out of costly healthcare settings.



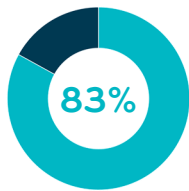
TOO MANY SENIORS IN CONTRA COSTA ARE LEFT BEHIND, ALONE, AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.

- 81,080** are isolated, or living alone
- 37,211** are threatened by hunger
- 29,037** are living in or near poverty

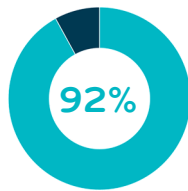


Nationally, **1 IN 6** seniors struggle with hunger

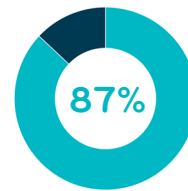
MEALS ON WHEELS DIABLO REGION DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR OWN HOMES, WHERE THEY WANT TO BE.



Say it improves their health



Say it enables them to remain living at home



Say it makes them feel safe and secure

SENIORS REMAINING AT HOME, OUT OF HOSPITALS AND NURSING HOMES, SAVES MILLIONS IN MEDICARE AND MEDICAID COSTS.



Meals on Wheels Diablo Region decreases the rate of falls, which cost our county **\$100 MILLION** each year



We can provide a senior Meals on Wheels for **1 YEAR** for roughly the same cost as **1 DAY** in the hospital



Investing in Meals on Wheels Diablo Region is a **WIN-WIN** for our families and our community.

THE OLDER AMERICANS ACT

THE OLDER AMERICANS ACT (OAA) has been the primary piece of federal legislation supporting social and nutritional services to Americans age 60 and older since 1965. OAA programs are vital for seniors who are at significant risk of hunger, isolation, and losing their ability to live independently. Title III of the OAA establishes a grant system to fund programs that address the unique needs of vulnerable seniors.

These include services such as:

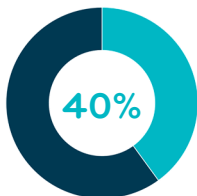
- Home-delivered meals and meals served in group settings such as senior centers
- Transportation
- Personal care and homemaker support
- Caregiver assistance
- Preventative health

CONTRA COSTA COUNTY OAA NUTRITION PROGRAMS

PROGRAM PROFILE

TOTAL SENIORS SERVED BY MEALS ON WHEELS PROGRAMS	6,530
Home-delivered	2,091
Congregate	4,439
TOTAL MEALS SERVED BY MEALS ON WHEELS PROGRAMS	585,515
Home-delivered	426,739
Congregate	158,776
TOTAL NUTRITION PROGRAM EXPENDITURES	\$10,755,265
EXPENDITURES COVERED BY FEDERAL OAA FUNDING	\$4,302,106

A PROVEN PUBLIC-PRIVATE PARTENRSHIP



The **OAA** covers **40%** of the total cost to provide nutritious meals, safety checks, and friendly visits to more than **6,530 SENIORS**. Programs rely on contributions from state, local, private donations, and other resources to cover the rest.

Meals on Wheels Diablo Region is a full-service nonprofit organization dedicated since 1968 to helping seniors live independently and with dignity. Based in Walnut Creek, the agency serves older adults all across Contra Costa County. More information can be found at www.mowdiablregion.org