



Home Delivered Meals



What is Home Delivered Meals (HDM)?

The objective of Home Delivered Meal services is to provide at least one nutritionally sound meal per day to persons unable to care for their nutritional needs because of a functional disability/dependency and who require nutritional assistance to remain in the community.

- ❖ Meals provide a minimum of one-third of the current recommended dietary allowance (RDA).
- ❖ Meals are delivered to a participant's residence, or other location, as agreed.
- ❖ Menu selection is available for meals.
- ❖ Two meals per day is the maximum amount that may be authorized.

Types of Meals

- ❖ *Hot Meals* are delivered in single service covered aluminum foil or Styrofoam divided containers
- ❖ *Blast-Frozen Meals* are transported in insulated carriers which will maintain the meals in a frozen state until the time of delivery to the participant (microwave or toaster oven needed).
- ❖ *Shelf Stable Meals*



Who qualifies for Home Delivered Meals?

A case manager should consider offering HDM when the participant:

- ❖ Is unable to prepare meals and there is no caregiver available to prepare meals.
- ❖ Has a nutritional condition that requires certain dietary restrictions such as diabetic.
- ❖ Needs assistance to maintain optimal nutritional health.
- ❖ Is unable to go shopping for food regularly and there is no caregiver available.

How does a CM authorize Home Delivered Meals?

The case manager must:

1. Identify a need and ensure HDM is on the Service Plan.
2. Complete Prior Approval for the HDM (a unit of service is one meal). *A physician's order is not required for HDM.*
3. Secure 5 choices from the participant using the Provider Choice Form for HDM.
4. Create a Referral in Phoenix for HDM.
5. Approve acceptance of Referral, when notified.
6. Contact provider and participant to negotiate a start date and create authorization.
7. Monitor monthly.