

Background and Purpose

A. Goal:

The goal of Project Age Well is to provide peer connection, wellness education, individual nutrition support, and medically tailored meals to socially isolated older adults in urban and rural areas. The program seeks to understand the utility of telehealth, peer groups, and individualized support alongside medically tailored meals and groceries in promoting nutrition security, reducing social isolation and building confidence in managing health.

B. Objectives:

- 1) Reach 121 participants in the Bay Area.
- 2) Implement and evaluate a simple telehealth service linking isolated older adults in both urban and rural settings.
- 3) Facilitate improved health outcomes for adults.
- 4) Create a more efficient host agency through the pilot testing and integration of novel approaches to engaging with client populations through the use of telehealth.

C. Overview of Project:

Project Open Hand received a 2020 Administration for Community Living Nutrition Innovations Grant to connect socially isolated older adults and improve nutrition security in urban and rural areas throughout San Francisco, Alameda, and Sonoma Counties. This included a 16-week class series via Zoom that covered various topics of wellness and nutrition. In addition to the weekly classes, participants engaged with a nutritionist in three individual calls throughout the program. Participants received weekly deliveries or pick-up of medically tailored meals and/or groceries.

D. Project Results:

- Project Age Well reached 115 older adults in the Bay Area who were an average of 72 years old.
- Project Age Well resulted in 8,221 meals and 1,531 grocery bags served, 190 classes and 293 individual counseling sessions completed.
- 90% of post-survey respondents reported that the Zoom technology (online or dial-in) was easy to use.

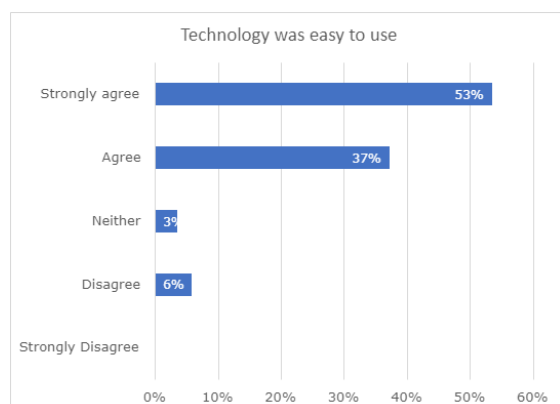


Figure A: Participant perceptions of ease of use for Zoom online or dial-in technology

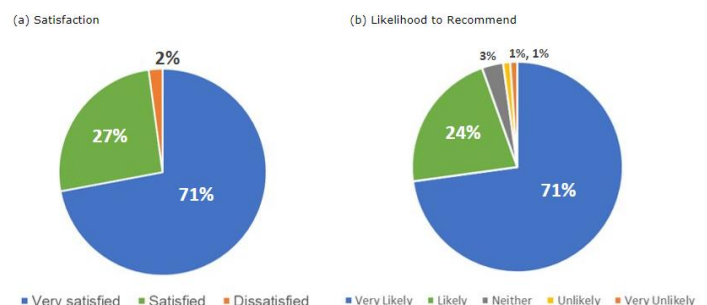


Figure B: Respondents' perceptions of how useful Project Age Well services were in improving access to nutritious foods, ability to follow dietary recommendations, ability to address feelings or social isolation, and overall health.