

4.2 Congregate Nutrition Services

4.2.1 Eligibility Criteria

- A. Individual 60 years of age or older and the spouse of that individual regardless of his or her age; or
- B. Volunteer less than 60 years of age who provides volunteer services during meal hours, as long as his or her meal will not deprive an eligible participant of a meal; or
- C. Individual less than 60 years of age with disability who resides in a housing facility occupied primarily by individuals 60 years of age or older where congregate nutrition services are provided; or
- D. Individual less than 60 years of age with disability who resides in a home with and accompanies an individual 60 years of age or older.

4.2.2 Congregate Nutrition Service Provider Requirement

- A. Congregate nutrition service providers must do the following:
 - 1. Provide meals five (5) or more days a week (except in rural areas where such frequency is not feasible and a lesser frequency is approved by KDADS);
 - 2. Provide at least one hot or appropriate meal per day and any additional meals that the provider may elect to provide;
 - 3. Provide the meals in a congregate setting; (Nutrition service providers, at their own discretion and per written policy, may allow participants to take out their own served meal as a grab and go meal); and
 - 4. Provide nutrition education, nutrition counseling, nutrition assessment, and nutrition screening services, as appropriate, based on the needs of eligible participants.
- B. The service area and meals served by a congregate nutrition service provider must be of sufficient size and number for the economical and efficient delivery of nutrition services.
- C. Congregate nutrition service providers must establish an advisory group, which will include eligible participants of the program and individuals who are knowledgeable of the needs of older adults. The group must meet at least quarterly to advise Area Agency on Aging (AAA) and/or provider staff on topics such as the meal program, including administration, budget, activities, and menus.
- D. Congregate settings must be located in areas where the greatest need is evident and where other services are accessible to the participants. If in a residential area, it should be within walking distance of the majority of eligible participants.

4.2.2 (cont.)

- E. Congregate nutrition centers and satellite meal sites must comply with local and state health, fire, safety, building, zoning, and sanitation laws, ordinances, codes and the Americans with Disabilities Act (ADA) requirements. The service provider must maintain appropriate documentation.
- F. Congregate settings must be neat and clean, and have appropriate lighting, ventilation, and furnishings for eligible participants.

4.2.3 Establishing, Relocating, or Closing of Congregate Settings

- A. Establishment of congregate settings must be approved by KDADS through approval of the Area Plan or revisions thereto.
- B. New and relocated congregate settings should be located in areas of greatest social and economic need.
- C. The AAA must document, for each new center, the development for comprehensive and coordinated service delivery system, i.e., focal point or multipurpose center. In those cases in which a congregate setting is located within a multipurpose senior center, a written agreement detailing the responsibilities of all providers concerned must be made prior to establishment of the congregate setting.
- D. The AAA must develop and maintain written procedures and policies concerning the closing and relocation of congregate settings.
- E. Once the decision has been made to close or relocate a setting, KDADS shall be notified, in writing, and the notification shall include the following:
 - 1. The rationale for the closure or relocation;
 - 2. A statement describing the impact of the setting closure upon surrounding congregate settings; and
 - 3. A description of the convenience the eligible participants will have to another congregate setting and/or nutrition services