

Greater Wisconsin Agency on Aging Resources, Inc.

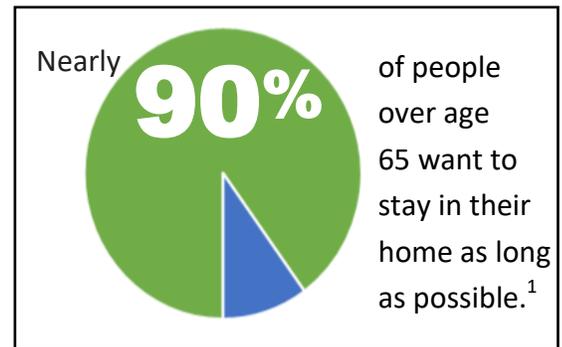


Helping leaders in aging succeed!

The **Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR)** is an area agency on aging whose staff provide information, training, and technical assistance — combined with leadership, quality assurance, and advocacy initiatives — to 70 county and 11 tribal aging offices in Wisconsin (all except Dane and Milwaukee Counties).

Transportation options are important to older adults.

Age in Community As people age they want to stay in their homes and in their communities, but driving expectancy is significantly less than life expectancy. Lack of transportation options will make it difficult for people to continue living at home, leading to premature institutionalization, a significant loss of independence, and substantial fiscal impacts.



Men outlive their driving ability by 6 years, women by 10 years.

53%

In Wisconsin, 53% of non-drivers over the age of 65 stay isolated in their homes.²



Reduce Isolation Wisconsin is recognized for cutting-edge home- and community-based services as an alternative to higher-cost institutionalized care. Without transportation programs to support these services, people become trapped in their homes—leading to isolation and related health issues.

Without transportation options, people take

15%

Fewer doctor visits

59%

Fewer trips for shopping or eating out

65%

Fewer trips for social, family, and religious purposes³

Remain Healthy and Engaged Older adults are an asset to our communities. They contribute through purchasing goods and services, volunteering, leadership, and knowledge. If no longer able to drive, older adults need options to continue these activities.

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About Wisconsin's OAA Senior Nutrition Program

Wisconsin's OAA Congregate Nutrition Program⁴

- 47,510 unduplicated participants
- 23 percent of participants had income **below the federal poverty level**
- 53 percent of participants were age **75 or older**
- 19 percent were age **85 and older**.
- 18 percent of all congregate participants were at **high nutritional risk**.
- 44 percent lived alone

1,462,990
Meals
Served

Wisconsin's OAA Home-Delivered Meal Program⁴

- 21,135 unduplicated participants
- 24 percent of participants had income **below the federal poverty level**
- **Over 75 percent** of participants **needed assistance with at least one activity of daily living (ADL)**
- 26 percent needed **assistance with 3 or more ADLs**
(such as bathing, dressing, toileting, eating)
- 75 percent needed **assistance with 3 or more Instrumental Activities of Daily Living (I-ADLs)**
(such as shopping, cooking, and housework)
- 56 percent of all home-delivered meal participants were **at high nutritional risk**.
- 57 percent lived alone

2,312,988
Meals
Served

Home-delivered meals help older adults maintain independence and remain in their own homes.

Researchers reviewed eight studies on home delivered meals to older adults and found that the majority reported significant improvement in diet quality and nutrient intake, reduced food insecurity and nutritional risk and other benefits, such as increased socialization and higher quality of life.⁵

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1. <http://www.ncsl.org/documents/transportation/Aging-in-Place-2011.pdf>

2. Aging Americans: Stranded Without Options, 2004

3. <http://www.t4america.org/docs/SeniorsMobilityCrisis.pdf>

4. NAPIS Report Data 10/01/17 - 9/30/18 - Nutrition Program Data

5. (Zhu, H., & An, R. (2013). Impact of home-delivered meal programs on diet and nutrition among older adults: A review. *Nutrition and Health*, 22(2), 89-103. <https://doi.org/10.1177/026010601453714>