

Meals Made Easy Program

Meals Made Easy is a program funded by the Commonwealth Home Support Program (CHSP) under the 'Other Food Services' service type.

Meals Made Easy aims to educate, train and re-skill frail older people in preparing and cooking a meal in their own home. Anglican Care aims to promote consumer independence and support their Wellness and Reablement goals.

MEALS MADE EASY includes....

- ✔ **Assistance with preparing and cooking** – a meal in your home to promote knowledge, skills, independence, confidence and safety.
- ✔ **Advice from an Accredited Practising Dietitian** - on food preparation, food storage and safety, and nutrition lessons and training.

Nutrition education and practical lessons include information on:

- Preparing nutritious meals at home
- Staying active at home and food for energy
- Maintaining a healthy weight and label reading
- Chronic disease management and changes in taste and appetite
- Texture modified foods
- Food intolerances
- Changes in bowel habits and staying hydrated
- Using nutrition applications on smart phones and tablets (i.e iPad)

Benefits of the food service program:

- Cooking provides a sense of purpose and joy
- Food and meal preparation stimulate senses and encourage food intake
- Cooking has a positive impact on memory and boosts confidence in the kitchen
- Learning from Accredited Practising Dietitians about nutrition and healthy ageing

Let's answer some frequently asked questions...

How do I access CHSP services?

You'll need a referral from MyAgedCare first. Contact them on 1800 200 422 or visit their website OR talk to one of our friendly team on 1800 733 553. We are here to help.

Do I have to attend an Anglican Care Day Therapy Centre to access the Meals Made Easy, other food service program?

No, these programs can be provided to you on a regular basis in the comfort of your own home.

Do you have programs for people living with memory loss and dementia?

Yes we do.

What can I expect from the initial meeting?

The initial meeting is about understanding your dietary needs and goals. To achieve this we will ask you questions about your lifestyle, health, dietary requirements, food preferences, and any concerns you are currently having.

Does this service cover meal delivery services?

No, this service does not cover the delivery of a meal prepared elsewhere or provide shopping services.

What does it cost per session?

The Australian Government funds the Commonwealth Home Support Programme service providers so they can deliver affordable services to people. Each program has a fee and the amount people contribute depends on the type and number of services required.

Our friendly team will discuss fees with you and/or a family member prior to your commencement.



More questions? We've got the answers.
Call our friendly Customer Support Team
today on 1800 733 553.