Choice Food Routines for Independent Living

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Good Nutrition Ideas

ABSTRACT

Adults with intellectual and developmental disabilities (IDD) are more likely than their peers to experience poor nutrition, nutrition-related chronic diseases, and obesity.

For an adult with IDD living independently, limited nutritional supports can pose significant risks to personal health and ability to live successfully in the community.

The State of Montana recognized the need and importance of a nutritional supports system or program for individuals to maintain their independence and self-direction. Following a directive from self-advocates, the Department of Public Health and Human Services' Developmental Disabilities Program (DDP) set the priority and granted seed money to develop the new supports.

Self-advocates, family members, the Montana DDP, and the Montana Council on Developmental Disabilities partnered with the Rural Institute on Disabilities (MT UCEDD) and Good Nutrition Ideas to create a nutritional support system for individuals.

PROBLEM

Progressive states are moving to new ways to:
- Fund and manage supports for adults with IDD, and
- Support citizens with IDD to live as independently as they choose

In 2005 the CDC through a state Disability and Health Program award and the state of Montana DD Program made it a priority to create and evaluate a program of nutrition supports to group homes where adults with IDD live.

In 2014, recognizing that the direction of residential support services was to more independent settings, and receiving directives from advocates, the State DD Program prioritized similar nutrition supports for adults living independently.

Montana state Developmental Disabilities Program contracted through the UCEDD, the Rural Institute, to the same team that created MENU-AIDDs for Montana to develop the new program.

PARTNERS

- **State** (DDP, Case managers)
- **Self-advocates**
- **Montana Disability & Health Community Planning Group**
- **Good Nutrition Ideas LLC**
- **MonTEC University** of Montana Business Incubator
- **Home and Community Based Services**
- **Montana DD Council**
- **Rural Institute on Disabilities**
- Families via **Parent Training and Information Center** (Parents, Let's Unite for Kids)

COOKING UP CHOICE FOOD ROUTINES

START

INTERVIEWS

MAP FOOD SYSTEMS

SYSTEM SOLUTIONS

DRAFT CONCEPT

REVIEW BY PARTNERS

REVISE/REVIEW

TRAINING

BON APPÉTIT!

DESCRIPTION

CHOICE FOOD ROUTINES

GOALS:
- Create consistent Routines that work within the individual's food system
- Get all the people involved (individual, DSP, family, PCA, etc) working toward same goals in same ways

LEVERAGE:
- Individual Plan (IP) or Personal Supports Plan (PSP) system
  - Commits the support team to the CFRIL routines and goals and assures the individual the food plan created will be supported.
  - Case management services

MATERIALS:
- Process materials tailored to individuals who receive in-home food-related supports
- Process materials tailored to individuals who do not receive in-home food-related supports
- Training for case managers to implement program
- Forms and templates for gathering information and organizing systems
  - Food planning
  - Grocery shopping
  - Preparing food
  - Eating

NEXT STEPS

DISSEMINATION

Choice Food Routines is designed for easy dissemination. It consists of two downloadable PDF program files and a 45-minute online training slide show. Wide dissemination is being planned to UCEDDs, state DD Services Agencies, self-advocacy networks, and others.

EVALUATION

Program evaluation is underway in Montana through MT DDP. More comprehensive evaluation is planned in a wider audience. We are seeking partner states and programs to participate in the evaluation in 2015. Sign up below for more information.