

**September 2019** - The Eastern Area Agency on Aging, in partnership with St. Joseph's HealthCare, the University of Maine Center on Aging and Sencio Systems has received a three-year, \$750,000 award from the Administration for Community Living to establish and test an innovative, technology-driven, nutrition enhancement and self-management program for older adults with multiple chronic diseases.

The goal of this three-year project is to improve the nutritional and health status of rural adults 60 and older with multiple chronic conditions immediately following hospital discharge. The project partners will develop an expedited referral pathway reaching adults 60 and older with multiple chronic conditions in need of nutritional support. The project will leverage technology by using artificial intelligence to drive nutritional program improvements.

The goal of the project is to support older adults by improving their nutritional status and, in turn, positively impacting their health-related quality of life. Ultimately, project services aim to make it easier for chronically ill older adults to age-in-place.

Project partners will create an in-home nutritional module that can be locally tailored to individual health and cultural considerations including nutrition tips, coaching and healthy recipes. The project partners will work to create a practical program manual that will enable other Area Agencies on Aging across the country to incorporate similar user friendly technology platforms paired with medically tailored meal configurations and menus for older adults with multiple chronic condition.

User friendly technology is key to the project and will be incorporated throughout the project with the goal of maximizing the effectiveness and efficiency of nutrition program delivery, decreasing food waste, and achieving high levels of consumer satisfaction. Bringing together organizations focused on serving older adults, providing healthcare, conducting rigorous research and developing innovative technology creates a powerful partnership that will continuously collaborate to ensure a successful project experience at the end of three years. If all proceeds as intended, the project will lead to a sustainable community-wide partnership at the same time that older adult food insecurity and health care costs are reduced.