**Proposal for Elderly Support Program**

**The Challenge:**

The aging process entails specific physiological processes, and the relationship between food, nutrition and health is transformed as a result of age-related physiological, psychological and socioeconomic changes as well.

The elderly population is at higher risk of suffering from acute and chronic illnesses, which require appropriate adjustments to nutrition. The risk is especially high for socioeconomically weak elderly, whose situation affects the quality and quantity of food they consume.

At the end of 2014, the total elderly (ages 65 and above) population of Israel was 900,000, and comprised 11% of the country’s overall population. The growth rate of the elderly population is higher than that of the general population. 50% of the elderly in Israel are presently living below the poverty line, as measured by income. In terms of geographical distribution, 48% of the elderly live in the country’s center (Tel-Aviv and Central districts) and the Tel-Aviv and Haifa districts have the highest percentages of elderly.

The number of elderly with limited mobility is roughly 300,000, about 35% of all elderly. This percentage increases with age, and it is likely that the rate of elderly with limited mobility is relatively higher among those at lower socioeconomic levels.

**Collaborations:**

A support program for the elderly requires a broad range of activities, including the indices for the evaluation of components such as food support in daycare centers, identifying housebound elderly and providing them with homecare, creating physical infrastructures, and assisting the elderly in realizing their legal rights to support from the state. These activities require the collaboration of various professionals, each in their own area of responsibility, and therefore, it is necessary to work with a range of professional organizations in order to fully utilize such specializations. Leket Israel will oversee the entire operation, enlist partner organizations, coordinate with them, and of course, review and measure performance.

The overall responsibility for all activities rests with Leket Israel, which will ensure optimal implementation of the activities aimed at elderly welfare. The program is based on cooperation with elderly daycare centers and will therefore require the agreement and cooperation of the daycare center operators as well as local welfare authorities.

Leket Israel will employ student scholarship recipients, national service volunteers, other volunteers, and high-school students enrolled in social responsibility programs to maintain contact with the elderly. Home visits, as well as visits to the daycare centers, will comprise part of the plan’s expanded social programs.

**The Proposal:**

Leket Israel will launch a pilot program for elderly support in collaboration with other organizations. The support program will be based on food support at elderly daycare centers. Additional services will comprise the second level of support and will be operated in cooperation with other organizations. Housebound elderly will be identified through collaboration with local community and welfare authorities, and the possibility of the community providing them with homecare will be evaluated.

**Description of the Pilot Program:**

1. In the first pilot stage, five or six centers for the elderly (serving 400-500 people), which do not at present distribute food, will be selected. The centers will be selected based on their proximity to sources of cooked food, and with the goal of achieving a wide geographical distribution.
2. Activity at the daycare centers will be a new effort, in addition to current Leket Israel activities.
3. Elderly who do not visit the centers will be identified by the centers’ staff, in collaboration with Leket Israel and local welfare authorities. A solution for them will be found either through the centers or through a supplementary support program (see section 5). We estimate that the program will generate awareness that will make it possible to reach hundreds of additional elderly in each of the five sites.
4. Leket Israel will deliver surplus cooked food to be consumed at the centers five days a week.
5. Throughout the week, fruits and/or vegetables will be supplied according to available stocks at the organization’s warehouses, and in consideration of the nutritional needs of the elderly.
6. Leket Israel will provide the centers with the primary infrastructure required to operate the program: heating and serving bars, and a dedicated refrigerator for storing cooked food.
7. In each site (neighborhood or settlement), the additional needs of elderly who cannot reach the center will be examined in collaboration with the local welfare department and a **supplementary food support program[[1]](#footnote-1)** will be created using a mixture of:

* Food vouchers
* Purchase and delivery of food items to the home (food packages)
* Delivery of hot food (meals on wheels)
* Specialized food support (with unique items)

1. The possibility of collaboration with other organizations/initiatives in order to utilize their volunteers to deliver food to elderly with limited mobility will be evaluated.
2. Leket Israel will form cooperative relationships with organizations specializing in realizing the legal rights of the elderly, in order to follow up on and care for attendees of the daycare centers.

**Oversight and Measurements**

The program will be measured using both economic and qualitative indices, as follows:

The economic indices:

* Number of elderly participating in the program
* Increase in the number of elderly attending the centers and dining at them.
* Number of elderly receiving assistance outside the centers
* Cost of a rescued meal
* Keeping to the program budget
* Use of program budget

Qualitative indices:

* Improvement in wellbeing of elderly participating in the program, as reported by center directors
* Improvement in wellbeing of elderly participating in the program, as reported by the elderly participants themselves (at home or at the centers)
* Increased attendance at daycare centers
* Respect for the elderly in food service: quality of the food, presentation, hygiene, food safety

**Budget**

|  |  |  |
| --- | --- | --- |
| Expenses |  | Notes |
| Driver + vehicle (leased) for collection and distribution + expenses | ₪ 287,000 |  |
| Truck for collection and distribution of agricultural products | ₪ 191,000 | One day a week |
| Supervision on site | ₪ 40,000 | One day a week |
| Program activity manager | ₪ 188,000 |  |
| Nutrition workshops (10) | ₪ 20,000 |  |
| Disposable stainless steel trays:  1,500 units per year | ₪ 5,000 |  |
| Supplies for daycare centers | ₪ 10,000 |  |
| Additional support program | 750,000 ₪ | As detailed in appendix A |
| Miscellaneous and unexpected expenses | ₪ 75,000 |  |
| Management costs: 5% of overall Expenses | ₪ 76,000 |  |
| Total expenses | **₪ 1,642,000** |  |
|  |  |  |
| Fixed assets |  |  |
| Thermoports: 15 units | ₪ 15,000 |  |
| Grills for thermoports: 90 units per year | ₪ 5,000 |  |
| Carts for transporting thermoports: 2 units | ₪ 2,000 |  |
| Food service heating elements: 5 units | ₪ 50,000 |  |
| Refrigerators: 5 units | ₪ 40,000 |  |
| Total fixed assets | **₪ 112,000** |  |
|  |  |  |
| Indices |  |  |
| Direct cost of rescued meal at daycare center per day | ₪ 6 |  |
| Cost of meals on weekend/holiday (two days) | ₪ 60 |  |
| Cost of program and cost of meal per elderly person for seven days | ₪ 153 |  |

**Accordingly, the value of the program activities is about NIS 2 million per year, yielding about NIS 3 for every NIS 1 invested in the program.**

**Timetables**

We would need about 30 days to begin supplying cooked food. Afterwards, identifying additional elderly in need will require the assistance of local welfare authorities. Leket Israel will do everything it can to reduce to a minimum the time it will take to set up and begin activities, even if gradually.

**Organizational setting up will include:**

* Identifying daycare centers for the elderly that are suitable to join the program
* Purchase of equipment for the program
* Contacting local welfare authorities at the program’s locations
* Identifying and managing sources of cooked food: including preliminary pilot program to test food quality and food safety conditions
* Training of drivers and becoming acquainted with new sources of cooked food
* Identifying suppliers and resources for operating the supplementary program beyond the daycare centers
* Contacting additional aid organizations, which focus on utilizing rights.
* Enlisting volunteers to support the program and training them

1. Appears as a separate item in the budget because of the different nature of the activity. [↑](#footnote-ref-1)