

## Monica Sprewell

Problem List in Athena update:

Food Insecurity

Diagnosis Code: Z59.41

Clinical Implications: Patient has a diabetes diagnosis. Patient unable to adhere to prescribed low carbohydrate, low—fat diet due to food insecurity. Failure to adhere to prescribed diet changes will lead to disease complications.

Goal: improve HgbA1c, reduce incidence of complications related to diabetes

Community Health Integration intervention:

Thursday September 5, 2024

Start time: 10:15am – 12:22pm

Patient has food insecurity. Reports that she often has only one meal per day. She only receives \$50 per month in food stamps. Met with the patient on September 5th. Conducted an interview to determine current access to food sources, SNAP benefits, and assistance in the home to provide supports. In-home assessment findings reveal the following supports:

- Consumer is blind
- Lives alone
- Receives personal care aide services for 8 hours per day
- Receives \$50 in SNAP benefits per month

Patient reports that she does not have money to purchase food and has limited ability to purchase and prepare food due to blindness. Patient is eligible for expanded personal care aide services.

After completing the assessment, I informed the patient that we would pursue the following options to secure consistent food supports:

- Emergency food bank distribution
- Apply for an increase in SNAP benefits
- Apply for home-delivered meals
- Process application for expanded personal care aide services to assist with meal preparation
- Refer to the American Resources for the Blind for diabetes

Application obtained for Capitol Area Food Bank. Requested home-delivered meals.

Visited the Mission Foodbank on Bladensburg Road, NE to determine the process to obtain food distribution, process to apply for access, distribution times, and frequency of distribution.

Coordinated with the care manager to determine the status of the EPD waiver application to expand PCA hours.

Met with the Personal Care Aide to determine assistance given to ensure patient is receiving prepared food.

Obtained one distribution for food from Bread for the City. Will follow-up to ensure patient has routine access to food biweekly until a permanent resolution is obtained for food insecurity.

Tim McNeill  
Community Health Worker