

Reflection: Address the following questions:

How would your treatment plan change if your client admitted to food insecurity? What resources are available in your community that would be useful for senior citizens experiencing food insecurity and dietary restrictions based on medical diagnoses?

If the patient had admitted to food insecurity, the treatment plan may also include a resource that would provide access to nutritious food, including food assistance, and nutrition education. It would also address any underlying issues that may be contributing to the patient's food insecurity, such as poverty, unemployment, or housing insecurity. In Florida, there are multiple resources available for senior citizens experiencing food insecurity and dietary restrictions. Some of these resources include Elder Affairs Florida which is a food assistance program for Floridians ages 60 years and older that provides food benefits, access to a healthy diet and education on food preparation and nutrition. Other food assistance programs include Supplemental Nutrition Assistance Program (SNAP), Commodity Supplemental Food Program (CSFP) and The Emergency Food Assistance Program (TEFAP). These programs provide food assistance to low-income individuals and families, helping them to meet their basic needs. Additionally, many food pantries and soup kitchens are available for those in need (*Food assistance*. DOEA, 2023).

References: