



## CONNECTICUT ASSOCIATION OF NUTRITION AND AGING SERVICE PROVIDERS

**Connecticut Association of Nutrition and Aging Service Providers  
Testimony to the Aging Committee  
In Support of Bill 620 AAC A Plan to Encourage "Aging in Place"  
2/24/11**

The Connecticut Association of Nutrition and Aging Service Providers (CANASP), which is better known as the Elderly Nutrition Programs, would like to state our support for bill 620, AAC A Plan to Encourage Aging in Place. Elderly Nutrition is a federal and state funded effort most often known as Meals on Wheels. CANASP would like to emphasize that Meals on Wheels and Community Congregate Cafes are primary safety net providers and key programs that can help to encourage the elderly to remain in their home and community and out of an institution. The benefits of nutrition are clearly evident to all. Meals on Wheels provides peripheral benefits as well by having an individual come to the home each day which ensures that at least one person is checking in on the person who is likely living alone, and can alert others in the long term care system if something does not seem right. The Elderly Nutrition Programs also help to keep costs down, as delivering a meal each day to someone living independently is a simple act that can often be the sole reason a person is able to be kept from moving into more costly institutional care.

CANASP encourages all efforts to continue to build on the progress the State has already made with respect to broadening the array of home and community based services in order to allow the elderly to remain at home for a longer period of time. Given that Meals on Wheels is an integral part of this process, CANASP only asks that they be part of the discussion as these efforts continue to evolve. The system is not perfect and there is always room for improvement. CANASP is ready and willing to be of help in any way possible and we hope the State will continue to recognize that a key ingredient to all Aging in Place models is the Elderly Nutrition Programs. Thank you.

The Connecticut Association of Nutrition and Aging Service Providers  
Joel Sekorski, President