

Community SEL 2.2 competency reflection

During my time at the main office at Meals on Wheels I was able to analyze and process the application for the clients. The application and screening process is done by an outside agency but after the initial assessment is done, I went through the entire application to review their needs to see if it aligned with their needs and if meals on Wheels could meet their needs. On 5/20/2025, I went through the new client applications and used the nutritional screening tools for the individuals to develop their meal plans and to see if they had any special requirements for either food, services or health. These clients had special requirements because they were relocated because of a fire and needed to be reassessed for their needs. I had to go to each client at the hotel and help them fill out their application, needs assessment and nutritional screening. I had to sit down with these clients and help them understand all three of these forms and properly assess them for the new environment they were in. For a case-by-case scenario. I had to develop new tools because of the new situation the clients were in, and Charmaine and I worked together to create these and then I implemented them for a select group of the clients. I then did follow up meetings with the clients to ensure they were getting their needs met and if they needed to update anything from the original information they gave us.

The next two opportunities I did was during the orientation and beginning of my SEL and the middle. On 4/12/25, I worked with Tammie to gain a better understanding of the selection, development and implementation of the nutritional screening process for the clients to join and stay with meals on wheels. I reviewed thousands of clients screening paperwork and found errors in their data and created a list for Tammie of the discrepancies

in the nutritional screenings and the regulations of Age Guide. This information is from the outside company of nurses that assess the clients and refer them to meals on wheels, but upon reviewing that screening tools, I found errors of the clients wants versus needs. I used Nutritional screening tools, to gain an understanding of if the clients needed these accommodations for, they just wanted this. We receive some health information to help us better understand the client's situation and further review what needs they have and how to best serve them. At the end of this process, I was able to use this later in my SEL to properly implement the screening process with new or current clients.

The last portion of 2.2 was by indirectly assessing the clients' preferences and needs by conducting my food waste audit on 5/6/2025. By doing the food waste audit and interviewing the clients during and after the audit, I gained a better understanding about their needs. By taking this feedback and the results, I could assess the nutritional needs of the specific population at the site and report the findings to Richard and the CEO. This is necessary because while the food vendors share their order with meals on wheels, we didn't have an understanding of that the clients prefer and consume. By reviewing this data, we can gain a better understanding of these clients were more at risk compared to their general population. While I did not directly assess their nutritional intake, I could analyze the data and make a report of how much food was wasted and what nutrients they may be low or high in and then work with the vendor to create a better nutritional sound menu for this population.