

Church Name

Jane Doe, RN, FCN

ASSISTING OLDER ADULTS WITH SHOPPING

Older adults find it increasingly difficult to access a regular supply of groceries as well as other shopping needs. In many cases, the older adult has stopped driving, or if still driving, he/she may avoid driving when the roads are bad in the winter. Even if the older adult continues to drive, transferring groceries and other items from the store to the car and then into his/her home or apartment can be a challenging task. It is important that the older adult has resources to help with the provision of his/her necessities.

Tips for making shopping easier:

- Plan shopping trips at times when the stores are the least busy and when you are rested. Remember to wear comfortable shoes.
- If your ability to walk is limited, obtain a handicapped license or placard to hang in the car. The hanging placard can also be used when someone else takes you shopping or to appointments. Go to this web site for directions on obtaining a handicapped license or placard: http://www.ehow.com/how_4515951_obtain-handicapped-license-plates.html. Information is also available at: <http://www.dps.state.mn.us/dvs/>, the website for Minnesota Driver Vehicle Services or call 651-297-3377. This website has the application for a handicapped license: <http://www.dmv.ca.gov/forms/reg/reg195.pdf>.
- Plan ahead to save steps: List groceries on your shopping list in the order in which they are located in the store.
- Pack grocery bags (or ask to have them packed) with a minimal number of heavy items per bag.
- If it is difficult to transport purchases from your parking place to your home or apartment, purchase a collapsible wheeled shopping cart.
- Carry a shoulder purse or a waist bag/fanny pack that fits around your waist to free your hands and keep your money secure.

Tips for older adults who cook their meals but need help getting groceries and other necessities:

- If someone shops for you, provide a detailed list with descriptions of each item, brand, size and acceptable cost.
- Inquire at your favorite grocery store about delivery services. Some stores discount delivery services for homebound older adults.
- Pharmacies may deliver prescriptions, sometimes at no cost.
- **Resources for home delivery of groceries:**
 - Store to Door: www.storetodoor.org. A non-profit grocery and prescription delivery service to disabled and aging adults: 651-642-1892. Food purchases are made at Cub Foods. Subsidized delivery fees are available, depending on customer income.
 - Coborns Delivers: www.cobornsdelivers.com/twincities: Home grocery delivery with *online* ordering. (OVER)

- Gopher Grocery: <https://www.gophergrocery.com>: Home delivery of competitively priced groceries to certain zip codes in Minnesota. Order *online*.
- Byerly's: www.lundsandbyerly.com. *Online* grocery shopping and delivery. Call 952-548-1400 to inquire about the possibility of ordering by telephone.

Resources for the independently-living older adult who no longer cooks for his/herself:

- **Home-delivered meals:** Meals-on-Wheels programs deliver hot meals to home-bound people over 60 years of age. This program is designed to help people stay in their own homes by providing nutritious hot noon meals daily. Call 612-623-3363.
- **Congregate Dining:** Many subsidized housing sites and senior centers provide community meals around the noon hour for seniors. These sites provide socialization along with a hot meal. Some senior centers provide culturally-specific meals. Many also provide transportation to/from the center.

To learn details about any of these resources in your community:

- Go to the website of the Metropolitan Agency on Aging: <http://www.tcaging.org/>, or;
- Call the [Senior LinkAge®](tel:18003332433): A nationwide toll-free number (1-800-333-2433) that is answered Monday thru Friday from 8:00AM - 4:30PM by certified information and assistance specialists.