

*Together  
in Care*<sup>SM</sup>



*Together in Care*<sup>SM</sup> is a joint program between Johns Hopkins Bayview Medical Center, Meals on Wheels of Central Maryland and Meals on Wheels America designed to help ease the return back home after your time in the hospital.

#### **HIPAA Disclosure**

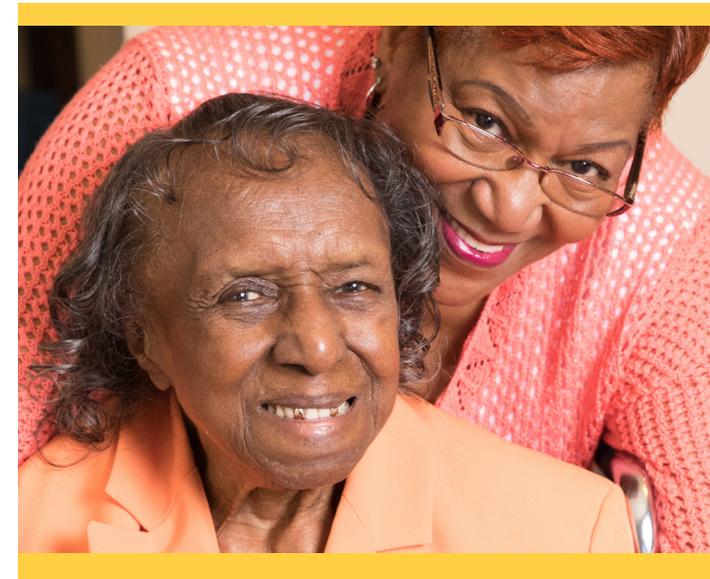
We will collect information about you during this project. People at Johns Hopkins who are involved in the study or who need to make sure the project is being done correctly and staff at Meals on Wheels of Central Maryland will see the information.

People at Johns Hopkins or Meals on Wheels may need to send your information to people outside of Johns Hopkins to ensure you receive the services you need. These people will use your information only for the purpose of the project.

We will continue to collect information about you until the end of the project unless you tell us that you have changed your mind.

If you change your mind and don't want your information to be used for the project anymore, you can call the The Johns Hopkins Institutional Review Board at **410-955-3008**.

Just remember, if we have already used your information for the project, the use of that information cannot be cancelled.



### **As a participant in the program you'll receive:**

- Daily delivery of one hot and one cold meal
- An in-home safety assessment and help with removing any hazards, or completing repairs or modifications
- A monthly visit from a care manager and phone calls in between visits

### **See inside for more...**

**Take a simple quiz on your self-sufficiency after leaving the hospital.**

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**The benefits include the delivery of a hot & cold meal daily and other services that may be helpful in your recovery.**



*Together in Care*<sup>SM</sup> is a no cost nutrition and in-home support program, offered in partnership with Meals on Wheels of Central Maryland, Inc. and Johns Hopkins Bayview Medical Center, designed to help your transition from hospital to home.

## A Simple Quiz

### Ask yourself the following:

1. Do you need help managing your health and recovery at home?
2. Do you sometimes have difficulty talking with your doctor? Understanding medical instructions?
3. Or getting to your appointments?
4. Do you have difficulty shopping for yourself or preparing your meals?
5. Do you sometimes feel isolated or alone?
6. Do you ever have difficulty using medical equipment?
7. Are you interested in learning about other services for which you may be eligible?

If you answered **Yes** to any of these questions, ask your nurse or social worker about *Together in Care*<sup>SM</sup> to see if you qualify.

# Together in Care<sup>SM</sup>

## How *Together in Care*<sup>SM</sup> can be of help to you:

- No cost meals delivered daily to your home
- Daily health and safety checks
- Nutrition and health education
- Medication monitoring and support
- Minor home repairs and modifications
- Links to other benefits and services

Services are provided in your home by Meals on Wheels of Central Maryland staff and volunteers for three months, **at no cost to you.**

As a participant in this program, you will be asked for feedback about your experience by a Meals on Wheels representative.

You will not be required to answer any questions that make you feel uncomfortable. Your decision will not affect the service you receive.

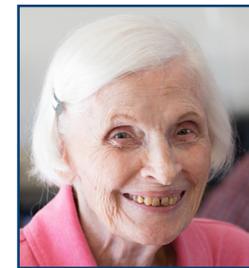
## Your insights are vital...



**1.** As a participant in the program, you will be asked to complete two surveys—one at the beginning of service and one at the end.



**2.** The volunteer delivering your meals will ask you a few questions about how you are feeling and if there are any needs you have.



**3.** While there are no physical or financial risks, there is some time required for answering the questions from the volunteer and care manager.

There will be no direct benefits to you or your family member if you answer these questions; however, we anticipate your responses will lead to improvements in the care and satisfaction of patients in the future.