

Douglas County Meals on Wheels (MOW) FAQ's

Q. How do I qualify for Douglas County Meals on Wheels?

A. You must be a current resident of Douglas county, Age 60 +, homebound or living alone and unable to prepare meals. Family caregivers, residing in the same home, may also qualify for meal service. Suggested Contribution per meals is \$2.50 (\$12.50 a week or \$50.00 a month) No one is ever turned away on their ability not pay. Any contribution to the program would be greatly appreciated.

Q. How and when are the meals delivered?

A. Volunteers drivers deliver a frozen meal box (5 meals) on Tuesday for the Parker, Franktown and Highland Ranch areas. On Thursdays Castle Rock, Sedalia and Larkspur are delivered.

Q. I really need meals for the weekend too, is that possible?

A. Sorry, not at this time. The meal program is only one box with 5 frozen meals per week.

Q. What if I need to run an errand or have an appointment during meal delivery time?

A. We must be able to give the meals to someone. If you cannot be home, you will need to make arrangements with a neighbor for us to leave them with. Please contact us with the arrangement. Placing a note on the door will not be accepted.

Q. I am going to be out of town or have company in town cooking for me. Can I cancel for a temporary amount of time?

A. Yes, you just need to let the MOW Coordinator know a minimum of two days in advance to cancel the delivery.

Q. Am I required to receive a meal box every week?

A. No, If you wish to be every other week, please let the MOW Coordinator know that you would like to be on this type of delivery schedule

Q. What if I don't like the Main Course or Sides?

A. The boxes are prepackaged by MOW and cannot be altered. The food is Low in Sodium, Sugars and fats to help meet all the dietary needs.

Q. Once I sign-up do I have to stay on the Meals on Wheels program?

A. No, you may stop at any time. However after 90 days, to restart you will have to be reassessed in order to be placed back on the program; and be subject to any waiting lists that might exist.

Q. What special diets do you accommodate?

A. All meals are Low in Sodium, Sugars and Fats to help meet all the dietary needs.

Q. When will I receive a Bill?

A. You will receive a contribution reminder in the mail about 30 days after your start the program. This is not a bill! It is a contribution reminder notice. Please send what you feel that you can contribute to the program for that month.

Q. How can I sign up?

A. Sign up by calling 303-688-9498. Ask for Juli Asbridge – Douglas County Meals on Wheels Coordinator. A short 20 minute phone conversation is necessary then a meal delivery could start on the next weeks scheduled delivery day. After receiving your meals for six months, a reassessment will be required in your home. A person from Volunteers of America will contact you to schedule this.

***If you have questions, please feel free to contact the Douglas County MOW Coordinator.
Juli Asbridge – By Calling 303-688-9498***