

**How would your treatment plan change if your client admitted to food insecurity? What resources are available in your community that would be useful for senior citizens experiencing food insecurity and dietary restrictions based on medical diagnoses?**

For many individuals in the area where I live food insecurity is a struggle. It is a rural community and there are not many jobs available, especially for older individuals. If I was treating a client and they informed me that they had worries about food insecurity. I would immediately seek guidance from the local health department to assist in finding them additional services within the community. There are several churches in the community that take turns having food and clothes party's almost every weekend. In my experience they even have a shuttle that will go to the community members that have transportation issues and bring them to the church for a meal and to collect whatever items that they need. This is a great service to my community. For senior citizens that have certain dietary restrictions in addition to the services of the local churches, there is a family owned grocery store that helps community members when needed. The grocery store is usually notified of a specific need by the social services, local family practices, and even the community hospital. This grocery store carries an assortment of diabetic and heart healthy friendly options and they will order foods that are needed if they don't have them on the shelves. For SG it is important for her to follow a heart healthy diet. If she had food insecurity concerns, I would call Tri-Star Supermarket in Kilmarnock, VA and inform them of her needs, after obtaining her consent. (Otto et al., 2020)

**References**

Otto, C. M., Nishimura, R. A., Bonow, R. O., Carabello, B. A., Erwin, J. P., Gentile, F., Jneid, H., Krieger, E. V., Mack, M., McLeod, C., O'Gara, P. T., Rigolin, V. H., Sundt, T. M., Thompson, A., & Toly, C. (2020). ACC/AHA guideline for the management of patients with valvular heart disease: A report of the American College of Cardiology/American Heart Association Joint Committee on clinical practice guidelines. American Heart Association, 143, 72-227.