

Guide to Accessing Daily Living Support Services

For seniors aging in place, accessing daily living support services can make life easier, safer, and more convenient. This guide provides step-by-step instructions, key questions to ask, and available resources for finding reliable transportation, meal delivery, grocery shopping, and pharmacy services.

Finding Safe and Reliable Senior Transportation

Seniors who no longer drive need dependable transportation options to remain independent. Here's how to get started:

- ☐ Identify local senior transportation services that provide rides for medical appointments, grocery shopping, and social outings.
- ☐ Confirm whether the service provides door-to-door assistance, especially for those with mobility challenges.
- ☐ Check for ride scheduling flexibility, allowing for last-minute requests or recurring trips.
- ☐ Compare costs and explore programs offering discounted or free transportation for seniors through community organizations.
- ☐ Ask if the provider accommodates wheelchairs, walkers, or other mobility aids.
- ☐ Research ride-share programs designed for seniors, such as those offered by non-profits, religious organizations, or local government agencies.

Questions to Ask a Transportation Provider:

- ☐ What areas do you serve?
- ☐ Do you offer scheduled or on-demand rides?
- ☐ Are your vehicles equipped to handle wheelchairs or other mobility devices?
- ☐ What are your fees, and do you accept insurance or government programs?



[Need Help? Find Trusted Professionals in Your Area](#)

Accessing Meal Delivery and Nutrition Support

Meal preparation can become difficult for seniors. Meal delivery services provide an easy way to maintain a healthy diet.

- ☐ Choose a meal delivery service that offers well-balanced, nutritious meals tailored to dietary needs.
- ☐ Verify the freshness and quality of delivered meals, especially for seniors with special dietary requirements.
- ☐ Explore programs offering home-cooked-style meals instead of frozen options.
- ☐ Check if the delivery schedule aligns with daily routines for maximum convenience.
- ☐ Consider grocery delivery services for seniors who prefer to cook but need help with shopping.
- ☐ Look into community-based meal programs such as Meals on Wheels for additional support.

Questions to Ask a Meal Delivery Provider:

- ☐ Do you provide meals tailored to special diets (low-sodium, diabetic, vegetarian, etc.)?
- ☐ How often are meals delivered, and what is the portion size?
- ☐ Can I customize my menu selections each week?
- ☐ What is the cost, and do you accept assistance programs such as Medicaid or SNAP benefits?

Setting Up Pharmacy and Prescription Delivery

Managing medications becomes easier when prescriptions are delivered to the home. Here's how to set up pharmacy services:

- ☐ Set up automatic refills with a pharmacy delivery service to avoid running out of medication.
- ☐ Verify that temperature-sensitive medications are delivered in proper packaging.



[Need Help? Find Trusted Professionals in Your Area](#)

- ☐ Choose a pharmacy provider that offers pharmacist consultations to answer medication-related questions.
- ☐ Check for text or phone alerts to notify seniors when prescriptions are on the way.
- ☐ Research mail-order prescription options that may offer lower costs for long-term medications.

Questions to Ask a Pharmacy Delivery Provider:

- ☐ How long does it take for medications to be delivered after ordering?
- ☐ Do you offer automatic refills or reminders for prescription renewals?
- ☐ What measures do you take to ensure medication safety during delivery?
- ☐ Are pharmacist consultations available for medication management support?

Resources for Finding Local Services

There are many resources available to help seniors find transportation, meal delivery, and prescription services. Consider the following:

- ☐ Area Agencies on Aging – Local government offices that connect seniors to support services.
- ☐ Non-profit organizations – Many churches and community groups provide free or low-cost transportation and meal services.
- ☐ Medicaid and Medicare – Some health plans cover medical transportation and pharmacy delivery services.
- ☐ Ride-sharing apps – Some ride services offer special assistance for seniors needing door-to-door transportation.

By following this guide, seniors and caregivers can confidently find the services they need to make aging in place safe, convenient, and worry-free.



[Need Help? Find Trusted Professionals in Your Area](#)