

# BECOMING A MEALS ON WHEELS CUSTOMER



A STEP-BY-STEP GUIDE ON ACCESSING MEALS ON WHEELS

## CONSIDER YOUR NEEDS

Firstly, have a think about how often you'd like to receive Meals on Wheels. Some people prefer a few times a week, while others would like a daily meal.

Meals on Wheels also offers frozen meals for convenience on the weekends.

## CHECK IF YOU ARE ELIGIBLE FOR EXTRA SUPPORT

Meals on Wheels provides its essential service via the Commonwealth Home Support Programme, Home Care Packages and on a private basis.

You may be eligible for subsidised meals through these Government programs so it is a good idea to check this by speaking to the team at My Aged Care.

## CONTACT YOUR LOCAL SERVICE

You will find the contact details to your local service on our website or by speaking to your state or territory peak body.

Give them a ring to discuss your needs and set up an account.

## ENJOY!

Once your account has been set-up and you've been put on a roster for meal deliveries, you should expect flavoursome and nourishing meals delivered to your door by friendly volunteers within a couple of days.



**Meals on Wheels**  
Australia