

**Health and Wellness Work Group**  
**Important Health and Wellness Issues Discussed**  
**Meeting 1 Recap**

**1) Navigating the healthcare system**

- a. Transportation issues
- b. Citizens understanding their benefits and what is already available to them
- c. Accessibility for older adults on Medicaid and TRICARE
- d. Educating older adults about changes in the Affordable Care Act
- e. Understanding providers that are in and out of network
- f. Alternative health options
  - i. Older adults do not always desire medication.
- g. Advocacy and education
  - i. Increasing number and training for gerontologists.
  - ii. Physicians who accept Medicare.
  - iii. Hotline for older adults to determine if a doctor's visit is necessary.

**2) Affordability of Insurance**

- a. Existing state and local programs to help with insurance and medical fees
- b. Educating older adults on new programs from Medicaid/Medicare, as well as the Affordable Care Act

**3) Caregiving support**

- a. Health and wellness for caregivers.

**4) Long-Term Care**

- a. Wellness for residents at long-term care facilities and for caregivers working there

**5) Mental Health**

- a. Grief and loss
- b. Dementia care
- c. Resources for mental health besides dementia

**6) Prevention and Maintenance of Health**

- a. The important link between healthy lifestyle and wellness
- b. Preventing falls, with interventions and policies
- c. Nutrition and affordability of healthy foods
- d. Maintaining good health for those older adults who are healthy and a focus on prevention
- e. Age 55-70 with chronic disease are a population with high healthcare costs and chronic disease
  - iv. Medication management should be an issue

**7) Gerontology and Physician Education**

- a. EMS
- b. End of Life Issues

- c. Medication interaction
- d. Impairments
- e. Pharmacist education and training

**8) County Policies and Structures**

- a. Policy context for wellness, both at the county-level and individual organizations
- b. Involving neighborhoods to understand how they view health and how to disseminate information
- c. Senior Centers as venues for health and wellness services.
  - i. Increased space needed at both the county's senior centers
- d. EMS Services
  - i. EMS education for caregivers and appropriate protocols for EMS workers responding to calls for aging adults

**9) Community Engagement**

- a. Citizens having a purpose in life, especially pertaining to community engagement and feeling that the community values their contribution
- b. Harnessing the expertise of older adults to provide services and engagement to peers
- c. Marketing – health education, information sharing
- d. Health education fairs