

Survey Results for Physical and Mental Health Work Group – Survey Link Sent to JCCoA Member, April and May 2009

[Results are shown below for the questions submitted by the Physical and Mental Health Work Group]

How do you personally define physical and mental health?

Being able to move about the community and able to assist others in some way to enjoy their lives.

Feeling good inside and out! Being able to be active and engaged.

able to do what I want to do

Mental health has to do with the mind and the attitude. Poor mental health can affect the physical health. Physical health is everything else about the body.

Able to do what you want to do, think and share in your world with interest in your neighbor's ability to do the same

Keeping fit and sharp in both body and mind.

hmhhh

Having the ability to care for one self and the knowing when you have reached the stage when you are not capable.

Physical - well being of the body to enable the person to care for their needs and enjoy activities

mental health - a sense of well-being and balance

Happy and healthy

good health with a positive attitude

The ability to enjoy life and pursue your personal interests.






Absence of illness

Physical and mental health are present when a person can be independent enough to provide quality of life which includes dignity

Physical health is your health status and ability to maintain a life style one has been accustomed to without limitations. Mental health is your state of mind and deals with depression and/or clinical diagnosis.

A state of grace - physical well being and peace of mind and heart

16. What is the main gap or lack of service you see in your community for physical and mental health? SELECT ONLY YOUR TOP RESPONSE.

	Response Percent	Response Count
Poor care coordination and communication 	42.1%	8
Options and choices are limited by health insurance companies 	52.6%	10
Health care focuses on quantity while consumers need quality 	5.3%	1
Fewer doctors are willing to take Medicare patients 	36.8%	7
Other (please specify) 	5.3%	1
<i>answered question</i>		19
<i>skipped question</i>		2

What are the barriers, if any, to accessing physical and mental health resources in Jeffco?

Not having enough medical insurance - - not enough MD's specializing in senior problems
Locating the resources, what dr's accept what insurance, how to get to dr. if don't drive. For mental health- still seems to be a fear to acknowledge one may be struggling in this area.
info
Transportation and money to pay for medical bills
money
Lack of information
Not enough money to take care of this population.
Health insurance, or the lack of it, is the deciding factor, regardless of what the patient wants.
Lack of information.
knowledge, money
Cost
cost and transportation
Client denial of a problem.
Transportation Ability to pay
money, not enough resources
Lack of a primary care physician and a care coordinator to assist with navigation and patient advocates.
having one person as a go-to for my care continuum.
Homebound people and not much home delivered service

What could be done to help people learn about and take advantage of the physical and mental health resources that are available?

More articles in suburban newspapers

It seems in recent years there has been more marketing efforts, which is good. Senior Reach seems like a gentle way to identify people that may need help.

get info out

Seniors seem to watch a lot of TV, so maybe something on TV. Having the medical people more aware of the services of a senior.

Smaller community focus

Main I & R central number and web page

More information through Media, presentations, Agencies, awareness to the community on an ongoing basis.

We need a clearing house of information that is put together by a non partisan group.

More communication and education

educate referral sources including doctors

Advertise in local papers and rec. centers

advertisement in all medias

Advertisements on the local news stations and radio announcements.

TV info-mercials

more access to the information

Increased community awareness and education and training of health care professionals.

Outreach education at churches and senior centers.

Develop a publically available palliative care, home based program

How do you access your resources? What process do you use? (e.g., phone-call, word-of-mouth, internet)

Phone call - - personal conversation - - internet

phone, Blue Book, ask around, internet

internet, experience and word of mouth

all of the above

phone call.

Internet, social connections

Internet

Through Senior Communicator and other newspaper that cater to the Senior Citizen, Outreach, phone, word of mouth, other Senior Agencies and of course the Telephone. We also do use the channel 8

community information and also Comcast. Advertise through flyers brochures, business cards, letters, and of course Churches that will post on bulletin boards.

usually through word of mouth or phone call or internet

All of the above.

phone call, word of mouth.

Check internet and written material. Then call for information.

phone and internet

Word of mouth, internet, SRC I&R, 211

Phone calls Visit community resources

Phone, e-mail, internetprobably in that order

All of the above

AAA, SRC, Yellow pages, internet.

internet and phone

Speak with colleagues (I am in health care), contact local providers, internet research

General Info on Survey Respondents

