

## **Optimizing Physical and Mental Health and Well-Being**

### **Goal 12.4:**

**Recognize and address the diversity in our community in planning and providing health, mental health, and palliative care services and in promoting wellness and self-care to be accessible and affordable.**

### **Meeting Notes (not flip chart notes) from the January 10, 2007 meeting**

Villas At Alterra

30<sup>th</sup> and Iris, Boulder

9-10:30 am

Attended: Helen Balis, Susan Golden, Ronda Racicot, Kim Mooney, Peg Arnold, Sarah Jane Snyder, Ruth Waukau, Susan Marine, Julie Redenbaugh-Aird, Teresa De Anni

The meeting started out with members sharing what their expectations are about the group.

Responses seemed to echo each other.

- Chose a concrete goal and get there

- Changing things

- Need a Measurement

- Want to see definite signs of change in providing service to seniors

Susan Golden looked at recreation centers and rated them as to whether they seemed senior-friendly.

Helen Balis mentioned that exercise is key for mental health as well as physical health.

Ronda Racicot stated that finding geriatric psychiatrists was a big problem in this area. How do we encourage practitioners to engage with this population?

Peg Arnold mentioned there is a geriatric physician who is training family practitioners in geriatrics.

Peg Arnold also commented on how fast technology moves and that seniors are being left behind.

Kim Mooney mentioned that an internal sense of safety is important.

Teresa De Anni shared information on a “Building Healthy Communities for Active Aging” 20-item self-assessment tool that was developed by the EPA and other agencies. More info can be found a [www.epa.gov/aging/bhc/bhcaa.pdf](http://www.epa.gov/aging/bhc/bhcaa.pdf)

Julie Redenbaugh-Aird stated that she was involved in an forming criteria for accessibility and would try to get that information for our use.

What we came up with:

**Key:**

**Seniors need to feel safe, secure, and included when accessing wellness services.**

**Plan of Action**

- Create and use an assessment tool that measures the senior-friendliness of providers---wellness, health, mental health, palliative.
- Compile information from the assessment  
Who is providing good service to seniors? Who is not?  
Where are the gaps? What are the strengths?
- Award providers who are doing a great job. Ad in the papers, an event?
- Create a sensitivity training program. Train about how to provide excellent service to seniors.

**First Action/Homework:**

Susan Marine will start to develop an assessment tool for finding senior-friendly providers.

Please send to Teresa your ideas for the criteria, for example showing respect, large fonts on forms, brochures, and flyers, etc. She will then compile them and send them to Susan, who will put something together for the next meeting.

Next meeting February 7, 9-10:30 Villas at the Atrium.

Susan Golden will give the report to the larger CLC group on Feb 14.