

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 from the March 14, 2007 meeting

East Boulder Senior Center

9-10:30 am

Attended:

Teresa De Anni
Alan Snyder
Peg Arnold
Kim Mooney
Ruth Waukau
Ronda Racicot
Helen Balis
Susan Golden
Sarah Jane Snyder

1. Introductions – no new introductions. Mary Jo Osterman invited someone from CU to attend, but that person was not in attendance. Teresa announced that Mary Jo was ill and could not attend.
2. Review of Minutes: last meetings minutes accepted.
3. Review of Assessment Tool Criteria Draft 1, dated February 7, 2007
 - Add criteria for Financial Accessibility to include the following:
 - Fees
 - Insurance
 - Medicaid
 - Medicare
 - Help with forms
 - Discounts
 - Other suggested changes:
 - Timeliness of service – waitlist, waiting time frame
 - Phone Access
 - Awareness – tool to see if someone is not hearing you
 - Susan Golden suggested that we pick 5 Top Items to assess and recommends the following, all agreed:
 - Accessibility
 - Diversity
 - Customer Service
 - Affordability
 - Healthy Environment

4. Where to Start – or, *OH, the places we will go:*

- The following areas were identified and discussed:
 - Health Related Services:
 - HMOs, eg Kaiser
 - Clinics, Medical Offices
 - Hospitals (especially discharge)
 - Labs
 - Pharmacies
 - Mental Health Providers
 - Therapy (physical, occupational, speech, hearing)
 - Alternative
 - Addiction Related
 - Dental
 - Optical
 - Senior Center/Rec Center
 - Educational Facilities
 - Law Enforcement
 - Churches – Places of Faith
 - Social Services/Public Health/City and Federal Government facilities
 - Grocery stores/Restaurants/and the like
- **DECISION - HOSPITALS:** this will be a good way to pilot the assessment tool
 - Focus on Boulder Community and Longmont United:
 - Kim Mooney will contact BCH (Claire Riley)
 - Peg Arnold will contact LUH
 - Will work on these two, then address Avista and Exempla
 - Approach will be in partnership
 - BCH Senior Focus Program was discussed
 - Make sure to address Discharge and Mental Health:
 - Next list of services
 - Pamphlets (eg, Meals on Wheels)
 - Process is very different for each person
 - Resources
 - Transportation
 - Care givers education and support

5. Next Steps:

- What tool are we going to use and who is going to create it?
- Teresa will clarify with Rosemary availability of funds for our quadrant.
- Next Meeting is Wednesday April 11 at East Boulder Senior Center from 9am to 10:30
 - Start working on the process, this will help clarify the requirements for the Tool.
 - Develop a Time Line.
 - Develop a marketing approach.

6. Reminder: remember to watch the Boulder County Aging Services web site for information on all CLC activities and results. <http://www.allagewell.com>