

King's Daughters' Hospital
And Health Services
Community Needs Assessment

Conducted October 2010

Among Individuals attending a
Senior Citizen Exercise Class

Informal Discussion

Background on Meeting to Obtain Input Specifically From Seniors

- Carri Dirksen attended a Senior Citizen's Exercise Class on October 7, 2010 at the Lide-White Boys & Girls Club.
- There were 23 seniors present - both males & females. They had the opportunity to respond to open-end questions about healthy lifestyles in general, health issues, services needed at KDHHS and any other general health issues.
- There is no charge to attend the exercise class. It is co-sponsored by Lifetime Resources and R.S.V.P.

General Comments from the Seniors

- **Rating of Health Issues** (*ratings are a consensus from the group as to whether they feel the health issue is a major problem, minor problem or not a problem for senior citizens and for other residents in the community*)
 - Getting enough exercise or physical activity for good health **Major Issue**
 - Being overweight or obese **Major Issue**
 - Using tobacco **Major Issue**
 - Getting mental health care **Major Issue**
 - Getting flu or pneumonia shots **Minor Issue**
 - Getting an appointment to see a doctor when you need one **Minor Issue**
 - Chronic diseases such as kidney, heart or lung diseases **Major Issue**
- Only 25% of those interviewed have access to the Internet. Only 10% check their email on a regular basis. They said the newspaper and radio, plus fliers in the doctors' offices and posted on the bulletin boards at the Senior Citizens Center/Brown Gym are the best way to communicate with them.
- They feel many don't realize the limitations they run into living on a fixed income.
- Several mentioned they wish there was a YMCA in Madison where one could swim and exercise within the same facility.
- All of those interviewed have utilized a physician who is affiliated with KDHHS.
- Many who attend the exercise class, also exercise by going line dancing in Scottsburg once a week and attending the weekly senior dances in Madison, Scottsburg and North Vernon.

Suggestions and Comments from the Seniors regarding KDHHS

Suggestions for services include:

- Conduct a free health fair specifically for Seniors offering:
 - Screenings
 - Blood pressure
 - Hearing
 - Blood Sugar
 - Cholesterol
 - Balance
 - Breakout Sessions
 - Ask the pharmacist.
 - Better nutrition with dietician focusing on cooking small portions
 - Other Services
 - Beautician offering free hair trim
 - Chiropractor/mini-massages

Other Suggestions:

- Add more specialists (currently travelling to Columbus and Louisville to visit these types of specialists):
 - Dermatologist
 - Cardiologist/Pulmonologist
 - Rheumatologist
 - Alzheimer's Disease

Comments:

- Many mentioned the need for an increased Catch a Ride service due to location of new hospital.
- The seniors felt the KDHHS Cancer Center is wonderful, but it needs to be expanded to offer a larger waiting room plus privacy for those getting infusions.
- The water aerobics class offered by KDHHS is too expensive for Seniors. Several mentioned that they travel to Vevay and/or Scottsburg to attend water aerobics at the Switzerland County YMCA/Scott County YMCA because it is cheaper (free/donation) for seniors.
- The seniors are frustrated they have to make a doctor's appointment to get their blood pressure checked. They felt they should be able to get it checked at any time.
- The wait in the Emergency Room is too long and it is too expensive.
- Several mentioned that it can take three weeks for them to get an appointment with a particular doctor.
- A few mentioned that either they or someone they knew has had a misdiagnosis from the radiology department at KDHHS.