



Community Benefits Needs Assessment Report

Health Challenges for Seniors



Please select the top 3 health challenges your senior clients face.

- 4 Heart Disease
- 3 High Blood Pressure
- 1 Strokes
- 4 Joint and/or Back Pain
- 6 Diabetes
- Overweight/Obesity
- Lung Disease
- 1 Cancer
- 1 Mental Health Issues
- Alcohol Overuse
- 6 Dementia/Cognitive Impairment
- Suicide
- 1 Poor Nutrition

Comments: So many more than 3 (low vision, lung disease, cancer, mental health, poor nutrition, hearing impairment)

Factors Affecting Best Health

What are the 3 biggest factors affecting your clients' ability to have the best possible health?

- Lack of family/friend support
- Being homebound/no socialization
- Difficulty understanding MD/info overload
- Lack of info/management/follow-up of chronic disease
- Resistive to change
- Unaware of resources
- Lack of easily understandable info
- Not reading the pamphlets at the center
- Lack of support groups
- Lack of self advocacy
- Lack of transportation
- Medication management issues
- Language barrier
- No access to quality/affordable long term care
- Lack of Good Insurance (Medicare Supplemental also)
- Lack of Dental Insurance

Educational Needs



What are the top 3 educational programs that would provide the greatest benefit to seniors in your community?

Elder Law
Info About Services Available
Support Groups
Chronic Disease Management
Benefits Counseling (CHOICES)
Geriatric Medical Clinical Services
Financial Planning
Healthy Aging/Lifestyles
Physical/Emotional Wellness
Monthly seminars on various topics
Diabetes Management/Cooking Demos
Latest Dementia Treatments
Medication Management
Fall Prevention
Transitioning from Working to Retired Life

Healthy Eating for Joint Replacement
Understanding Medication Interactions
Brain Fitness Class

Existing Helpful Programs

Name at least 1 program or community change that has had a positive impact on the health of your senior clients.

Food Pantry

Senior Center

Dial a Ride

Elder Outreach Coordinator

CT Homecare Program for Elders

Matter of Balance Class

Functional Fitness Group

Exercise Programs

Fall Prevention Program

Mobile Health Van

Mammography Van

Counseling Services through Healthy Minds Program at Granby Senior Center

Annual Health Fair

Affordable, Safe & Dependable Transportation

Other Agencies/Organizations



Please list any other organization or agency who should receive this survey.

Senior Adult and Family Services – Town of Manchester
Manchester Community Services Council
NCAAA
Center for Healthy Aging
Department of Aging (Sandy Liebner)
State Legislators from Central CT
Senior Centers in Central CT
Health Department

List of Respondents

The following list represents those who responded to the Needs Assessment Survey.

Name	Title	Organization	Phone
Martha Taylor, MSW	Elderly Outreach Coordinator	Town of Farmington	860.675.2390
Eileen Faust	Director, Senior Center	Town of Manchester???	860.647.3214
Unknown			
Unknown			
Unknown			
Unknown			
Unsure		Granby Senior Center?	
Unknown			
Unknown			