



## DESERT HEALTHCARE DISTRICT & FOUNDATION

Sun City Palm Desert Community Listening Forum (6 of 6)

April 18, 2019 (5:30 – 7:00 p.m.)

Sun City Palm Desert - Sunset View Clubhouse (Canyon/Palm Room)

36890 Del Webb Blvd., Palm Desert, CA 92211

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### ***Homelessness:***

- Find solutions to reach encampments – some don't want to go to the shelters
  - Many pride themselves on independence
- There have been a few instances with homeless entering the development
- Around 25% of those living in the development are living solely off SSI
- Find more ways to address the at-risk population before our homeless population increases
- Work to address the stigma behind getting help
- Coachella Valley needs a system that is more consistent – people are always getting ready to lose something
- Improve the communication with service organizations to improve efficiency and reduce duplication
- Support programs in place that are working – Friends of Friends
- Help educate seniors on fraud and pressures to reverse mortgages

### ***Primary Care and Behavioral Health Access:***

- Increased in-home, affordable caregivers for single seniors with more focus on respite care
- Free onsite, preventative screening programs
- Improve the access to health services and education for the aging
- Provide transportation to and from medical services/appointments
  - Increase the SunLine routes across the bridge into the Sun City complex
- Bring in more hospital department staff into Sun City to educate on care
  - Eisenhower does come into the community but not frequently enough
- There are no onsite medical services in the community development
- High need for behavioral health specialists especially around cognitive care
  - Even with insurance, it is challenging to find specialists in the Coachella Valley
  - Sometimes, providers recommend health apps and telemedicine which doesn't resonate with the senior population
- Increase access to neurologists
  - Many senior residents travel outside of the Coachella Valley to receive care as the wait time to see a neurologist is over three months
- Increase services that target depression among seniors
- There is a high need for Alzheimer and Dementia specialists and caretaker/spouse education
  - Spouses quickly exhaust savings so there needs to be legal services to improve financial readiness
  - Caretaker education around medical trusts, HIPAA laws, healthcare navigation, and how to take care of their partners
- Bring in mobile health units to help improve access to care
- Expand the University of California Riverside residency program to improve the physician ratio

**Healthy Eating, Active Living:**

- Bring in healthy food trucks with dieticians
- Bring back the farmers' market but make it more appealing and accessible to seniors – inside
- Host healthy cooking classes – look at bringing in culinary students from COD and the high school
- Bring programs like A Matter of Balance to Sun City residents

**Other Ideas:**

- Residents advised that when scheduling meetings, consider the targeted population's schedule
- Bring in documentaries focused on healthy living and well-being
- Bring in organizations from different avenues of care together for collaboration
- Understand organizations in the community that are needed but have limited capacity
  - Ex. Alzheimer's organizations
- Create educational series targeting senior care needs
- Bring in health fairs to the senior communities

**Ranking of priorities from Sun City Palm Desert participants [please note not everyone returned the ranking sheet]:**

1. Primary Care and Behavioral Health access
2. Homelessness
3. Healthy Eating, Active Living
4. Other Ideas