



Health Reimagined

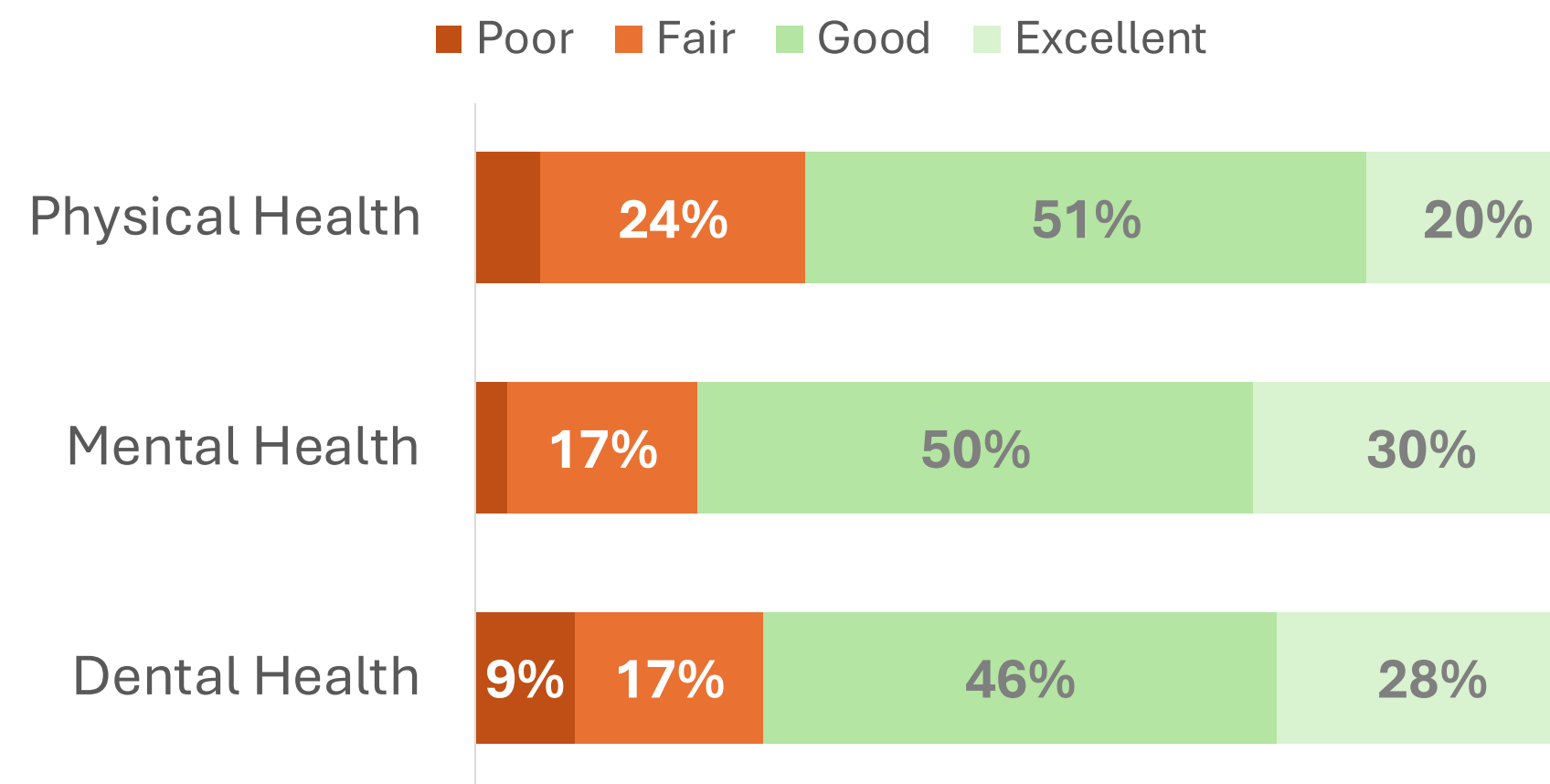
Santa Cruz County scores in the top third of communities for health prevention and access.

Source: AARP Livability Index

GOAL: "We will have access to the services we need to live at home in our communities and to optimize our health and quality of life."

Many respondents aged 60+ describe themselves as being in good health.

BUT



Note: Based on 2,335, 2,332, and 2,322 respondents aged 60+, respectively

38% of respondents 60+ say their health **limits their ability to leave their homes** at least a little, with older residents (75+) reporting more health impacts on their mobility.



How might the health of ALL residents be optimized?

Health disparities exist ...

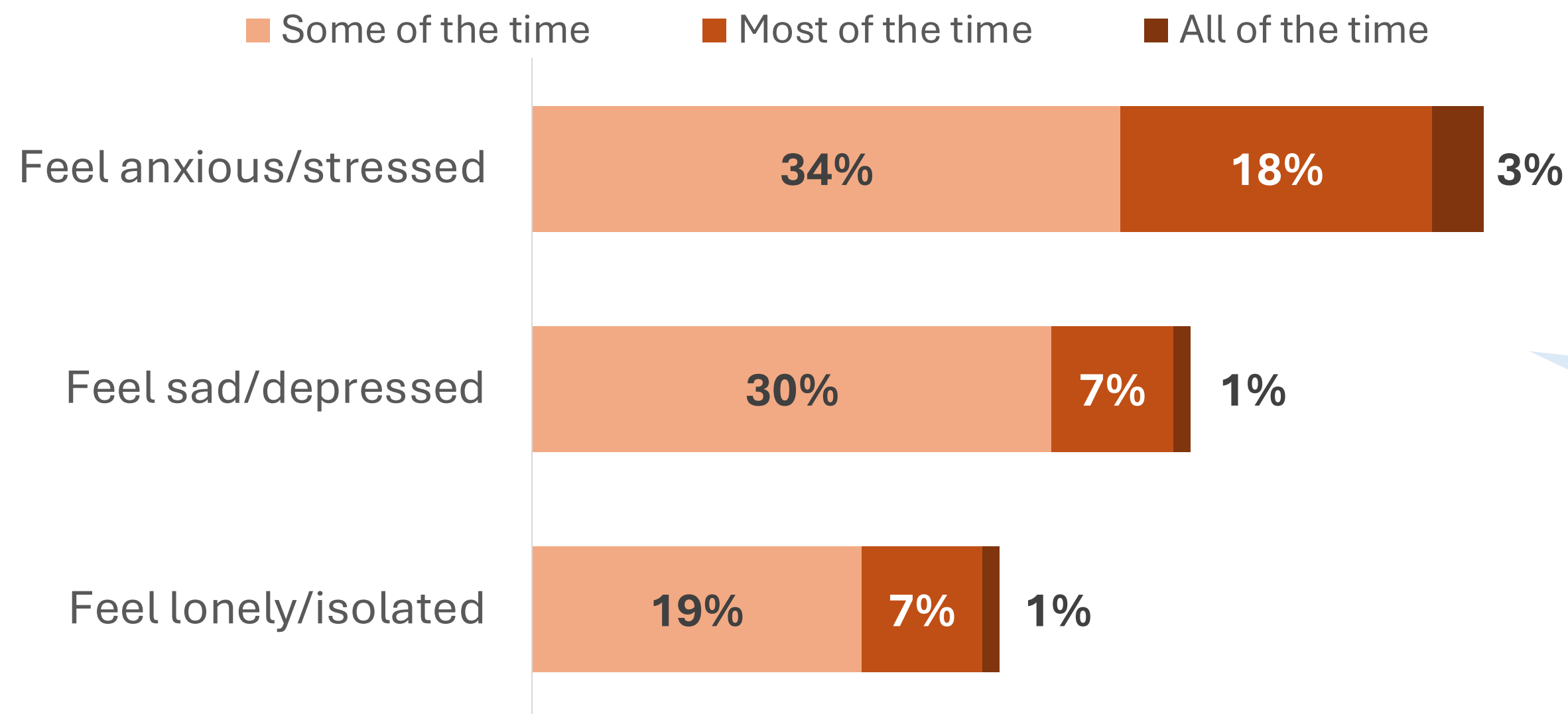
Respondents reporting significantly **LOWER health ratings** than their counterparts include those who:

- Are without stable housing
- Have a disability
- Have lower income
- Live alone
- Reside in Watsonville



How might we support residents whose mobility is limited?

Respondents aged 40-59 report significantly *more* frequent mental health symptoms than do *older* respondents.



Note: Based on 712, 712, and 710 respondents aged 40-59. Those who said “none of the time” or “a little of the time” are not pictured.

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How might we increase resilience as residents age?

“A mental health therapist that can meet with me in person and is covered by my health insurance. I've been looking for that a long time!”

More frequent symptoms are also reported by respondents:

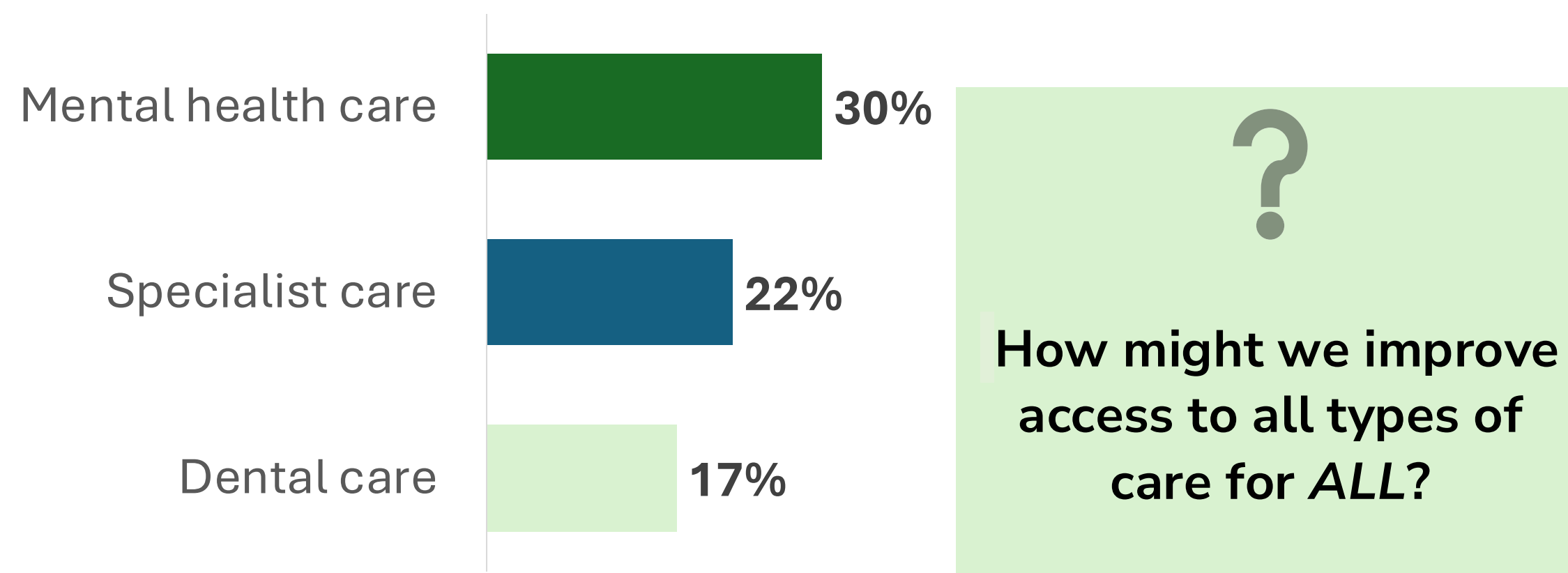
- Without stable housing
- Who live alone
- Who have incomes less than \$50K
- Who have a disability
- Who are caregivers, especially those caring for multiple age groups (though they are not lonely!)

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How might we provide avenues for improved mental health?

Accessing mental health care and specialist care is a problem for those who need it.

How much of a problem is it for you to get these types of care in Santa Cruz County?



Note: N's = 1073, 1,901, and 2,238 of respondents 60+ who need each type of care. Percentages reflect those who answered that they have a "moderate problem" or a "major problem" getting each type of care.

Barriers to healthcare appear to be more about **WHO** you are than **WHERE** you are with a few exceptions...

- Watsonville residents report greater difficulty accessing dental care.
- Scotts Valley residents have greater difficulty getting urgent care.

Many go out of Santa Cruz County to find what they need.

Almost **1 in 4** respondents aged 60+ sought healthcare or needed services outside of Santa Cruz County in the previous 3 months.

28% of respondents aged 60+ report **difficulty navigating the health care system.**

Respondents who find this especially difficult include those who are:

- Aged 40-59
- Without stable housing
- Living alone
- Living with disabilities
- Earning/receiving lower income

These groups also struggle with affording their health care.

How might we ease residents' experiences navigating the health care system?