



Social Determinants of Health: Bridging the Gap for Seniors' Wellness

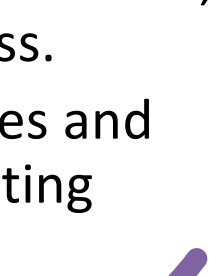
How Environment Impacts Senior Wellness

Medical Equity vs Health Equity

- **Medical Equity** refers to fair access to and quality of medical care, ensuring that all individuals, regardless of their background or circumstances, receive appropriate, timely, and effective medical services.
- **Health Equity** encompasses a broader scope, aiming to eliminate disparities in health outcomes by addressing the underlying social, economic, environmental, and systemic factors (such as income, education, housing, and racism) that influence health.
- In essence, medical equity is about fairness within the healthcare system, while health equity focuses on fairness across all determinants of health.

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Introduction

- This session explores the social determinants of health (SDOH) and their impact on seniors' wellness.
 - Understand the importance of SDOH in shaping senior health.
 - Explore key areas: housing, food security, transportation, and healthcare access.
 - Learn about resources and technologies supporting senior well-being.
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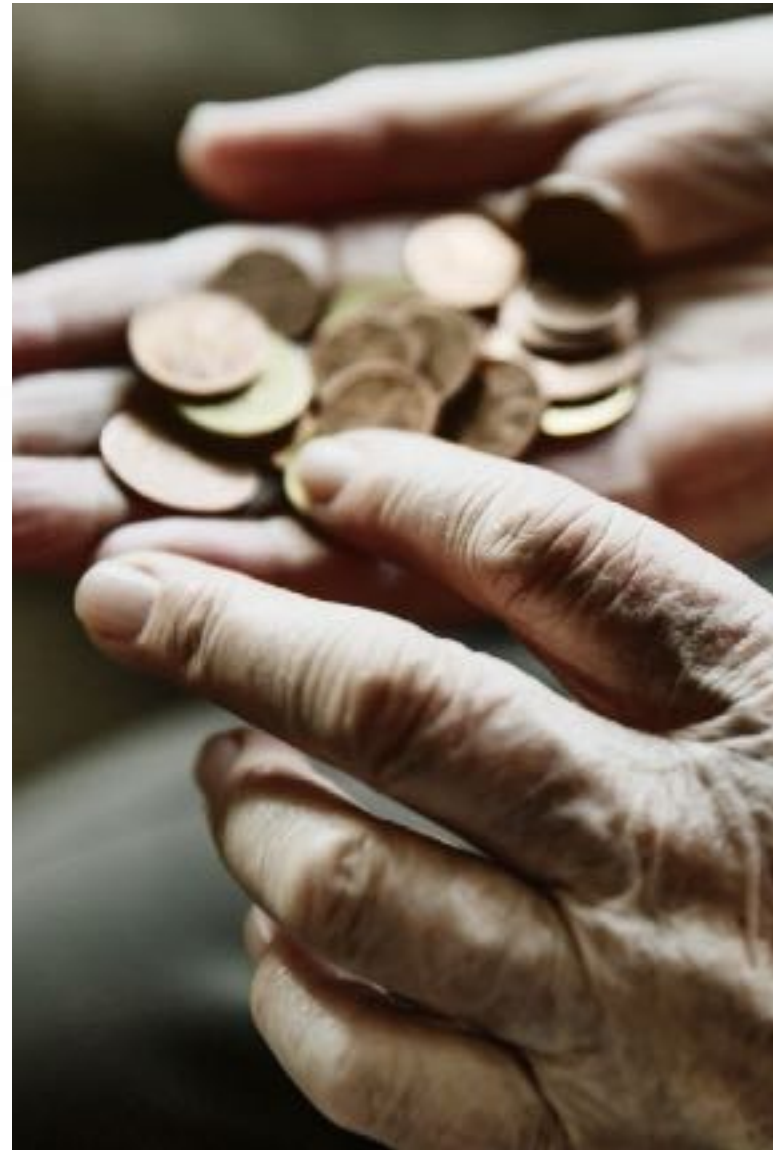
What Are Social Determinants of Health?

- Conditions in the environment where people are born, live, learn, work, and age that affect health outcomes.
 - Examples: housing, food security, transportation, healthcare access.
 - Influence physical, mental, and social well-being.



Why Are SDOH Important for Seniors?

- Seniors are disproportionately affected by SDOH due to aging and fixed incomes.
 - Increased vulnerability to poor housing, food insecurity, and mobility challenges.
 - Need for accessible healthcare services and community support.



Housing and Senior Health

- Safe and affordable housing is critical for seniors' health.
 - Challenges: high costs, accessibility issues, unsafe conditions.
 - Solutions: subsidies, senior-friendly retrofits, and housing programs.



Food Security and Nutrition

- Nutritional deficits due to food insecurity affect seniors' health outcomes.
 - Food deserts and high costs limit access to healthy foods.
 - Community resources: Meals on Wheels, food banks, and SNAP benefits.



Transportation and Mobility

Lack of mobility impacts access to care, socialization, and independence.

- Barriers: limited public transit, mobility issues.
- Solutions: ride-share programs, volunteer drivers, senior-friendly public transit.



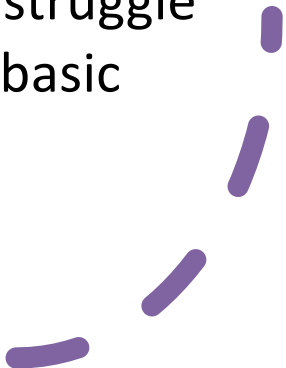
Healthcare Access

- Accessibility to healthcare services is essential for seniors.
 - Barriers: rural locations, high costs, and limited coverage.
 - Solutions: telehealth, mobile clinics, expanded Medicare services.



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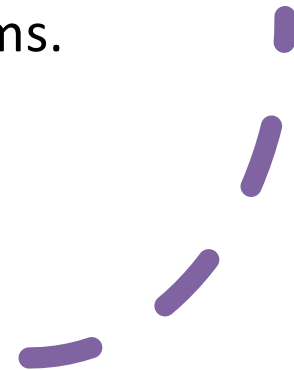
Disparities Among Marginalized Seniors

- Socioeconomic status and location exacerbate inequities.
 - Rural seniors face higher transportation and healthcare barriers.
 - Low-income seniors struggle with affordability of basic needs.
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Community Resources for Seniors

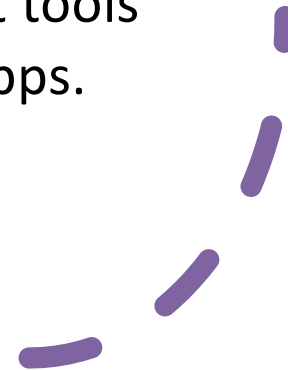
- Local resources play a vital role in addressing SDOH.
 - Area Agencies on Aging.
 - Community centers offering meals, social support, and educational programs.



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Interactive Component : Resources and Apps

- Explore tools to support senior wellness.
 - AARP Local Service Finder.
 - Transportation aids like Uber Health.
 - Community support tools and food delivery apps.



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Addressing Social Isolation

- Loneliness affects mental and physical health.
 - Solutions: senior centers, community programs, and volunteer networks.
 - Technology: training seniors on communication tools like video calls.



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Importance of Preventive Care

- Preventive services help detect and manage health issues early.
 - Expand access to vaccines, screenings, and wellness visits.
 - Integrate preventive care into senior-focused programs.
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Social Determinants

These factors—housing, food security, transportation, and healthcare access—are foundational for senior health. Addressing these determinants holistically helps prevent chronic illnesses, reduce health inequities, and improve quality of life. Failure to address them perpetuates cycles of vulnerability and poor health outcomes, underscoring the importance of systemic interventions and community-based solutions.



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Thank You

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