

# 7 HEALTH & HEALTHY LIVING

*Does the group believe this should be a key priority for the Older People Strategy?*  
Yes

Group 1 all agreed that well being of their physical and mental health was one of the most important aspects of being an older person. Group 2 felt that health is a very important issue as a person becomes older.

**Are these the main areas of need? Information in GP surgeries, Social health activities, Diet information/advice, Relationship with GP/nurse.**

- 1) The group decided that a Patients Panel would be a good idea. The panel would consist of pro-active patients who would work with doctors surgeries to help improve health services to the people of Hart. The idea of the panel would be to;
  - a) meet a few times a year to discuss strategic, clinical, and financial information concerned with their local surgery
  - b) provide feedback to the surgery on their services
  - c) consider new service developments
- 2) The group also thought it would be beneficial to create a Patients Support Group for people who suffer from similar illnesses to get together and discuss.
- 3) They would like to see a community board in the doctor's surgeries to advise what activities there are throughout the district for older people.
- 4) The group would like GP's to give out extra information, for example – what extra vitamins they should take, is there any specific diet they should follow to keep healthy etc.
- 5) The group would like to know about all the services GP's offer such as telephone consultations. They thought people didn't always know what services they offer.
- 6) They would like to have more time with their GP – 10 minutes isn't long enough.
- 7) Comments boxes in surgeries would be useful to give feedback to the practise manager.
- 8) Healthy food is often more expensive.
- 9) The group felt that info in surgeries is very cluttered and perhaps the pharmacy would be a better place to pick up information. They felt that they would like more information not just about doctors surgery services but also services offered by other health professionals such as dentists, chiropodists etc.
- 10) The group felt more information about leisure activities should be send out to places such as luncheon clubs, bridge clubs, U3A and local societies which meet on a regular basis.
- 11) The group would like to go to the doctor about dietary advice but don't feel as though a doctor has enough time to see them. Also one lady said that she had been to see a dietician at her local surgery and a lot of the information she was given was incorrect. They also thought it would be a good idea to be offered an 'MOT' health check after a certain age.
- 12) Some people in the group would like more continuity about which GP they see; a lot of the time they see different GPs which means they aren't able to form a relationship with them.
- 13) It was felt that Gardening is good for helping older people keep fit and schemes should be encouraged