SOCIAL DETERMINANTS OF HEALTH FOR MONTANA'S AGING

Montana's Aging Individuals face unique challenges that affect their well being.

- **Healthcare Access and Quality:** Geographic isolation and limited healthcare facilities, especially in rural areas, make accessing quality healthcare difficult for older adults.
- **Neighborhood and Built Environment:** Inadequate housing conditions and a lack of accessible housing options can impact the health and safety of older adults. Limited transportation options can restrict older adults' ability to access healthcare, social services, and community activities.
- **Social and Community Context:** Social isolation and loneliness are significant issues among older adults, which can negatively affect mental and physical health.
- **Economic Stability:** Many older adults experience financial challenges, including fixed incomes and higher healthcare costs, which can limit their access to necessary resources.
- **Education Access and Quality**: With the increasing reliance on digital platforms for education, older adults who are not tech-savvy may struggle to participate in online learning.

Helpful Resources

- **Local Agencies on Aging:** These agencies provide a variety of services including meal programs, transportation, and caregiver support.
- **Aging and Disability Resource Center (ADRC):** Offers information and assistance on long-term care options.
- **Montana Senior Medicare Patrol (SMP):** Helps seniors prevent, detect, and report healthcare fraud.
- **Long-Term Care Ombudsman Program:** Advocates for residents in long-term care facilities.
- **Big Sky Rx Program:** Assists with prescription drug costs for eligible seniors.
- **Montana Elder Justice and Advocacy:** Provides resources for elder abuse prevention and reporting.
- **Montana Department of Public Health and Human Services – Senior Services:** Offers a wide range of services including adult protective services and disaster preparedness.

https://dphhs.mt.gov/publichealth/chronicdisease/SDOH