



## COMMUNITY HEALTH ASSESSMENT for PARKINSON'S

As part of our Healthy Parkinson's Communities™ initiative, we encourage local Parkinson's leaders and community organizers to seek data to shape actions big and small that can be taken to improve quality of life for people living with Parkinson's. We have created the list below to get you started with sample questions and statements you can use to survey your Parkinson's community.

To learn more about creating and distributing a Community Health Assessment for Parkinson's, refer to our blog post on the topic [here](#).



### Questions to assess issues with infrastructure:

#### ***True/False/Don't Know***

- There are services aimed at transporting those living with limited mobility in my town.
- The services aimed at transporting those living with limited mobility in my town are available to all people, regardless of income level.
- My community is friendly to transportation other than cars (i.e., walking, biking, etc.).
- There is access to in-home wireless internet.
- Access to in-home wireless internet is affordable.

#### ***Statements (use a rating scale 1-5 – Strong Agree to Strongly Disagree)***

- I have multiple options for transportation that are easily accessible, geographically and technologically.
- I have multiple options for transportation that are affordable.
- I am within walking or biking distance to the nearest grocery store.
- I am within walking or biking distance to the nearest pharmacy.
- The walking and biking paths near me make exercising easy and safe.
- I feel comfortable walking around my neighborhood.
- My neighborhood is well lit at night and neighbors look out for each other.
- I feel safe traveling on my own (walking, biking, etc.) in my neighborhood.
- I can get where I need to go, when I need to go there.
- 80% of public buildings (gyms, senior centers, etc.) are ADA compliant.
- Most Parkinson's support group meetings/wellness classes in my area are accessible through public transport.
- Meetings and classes are held during reasonable hours.



### Questions to assess wellness needs:

#### ***True/False/Don't Know***

- My community has low to no-cost grocery assistance programs available.
- There are known and publicized affordable mental health care services in my town.
- There are exercise classes available to people of all income levels, as well as all levels of physical activity/mobility.
- My town/city provides options for creative expression for individuals and/or groups.

#### ***Statements (rating scale)***

- There is a community recreation center/senior center within five miles of my home.
- The community recreation center is affordable.
- The community recreation center is welcoming to me.
- I have access to fresh fruits and vegetables within three miles of my home.
- My grocery store delivers at no or low cost.
- I am aware of all the community-based resources available to me.
- There are Parkinson's specific exercise classes offered within five miles of my home.
- Local Parkinson's group meetings have educational information about nutrition.
- Local Parkinson's group meetings have educational information about safety.



### Questions to assess community needs:

#### ***True/False/Don't Know***

- My community and community resources are “friendly” for those who do not speak English or who speak English as a second language.
- If someone asked me where to find information/support/meetings places for Parkinson's, I know where to direct them to.

#### ***Statements (rating scale)***

- I have a reliable emergency contact other than someone who lives with me/is my direct care partner.
- One of my reliable emergency contacts lives within one mile of me.
- I have access to a Parkinson's support group at least once a month that is within five miles of my home.
- Programs and events are attended by a diverse group in age, race, and time of diagnosis.

- I don't see the same group of people at all events and programs.
- There is a local Parkinson's ambassador/advocate/leader I can call when I need help/information.
- I feel connected to at least three people in my community.
- I know of three places I can go to spend time with others in my community.
- My community understands Parkinson's and is supportive when I am out and about.
- Local businesses accommodate people with disabilities and the aging community in general.
- I feel a sense of belonging in my community.
- Events are held to raise awareness within the community.



### Questions to assess healthcare, medication, etc. needs:

#### *True/False/Don't Know*

- There are medical professionals who specialize in Parkinson's within a 20-mile drive from the center of town.
- There are a variety of free and low-cost medical services available in my town.
- The people on my Parkinson's care team collaborate and communicate with each other on my behalf.
- I have never run into barriers getting referrals for specialists I need and want to see.

#### *Statements (rating scale)*

- I am on a first name basis with my local pharmacist.
- My primary care doctor's office is within five miles of my home.
- My primary care doctor has some knowledge of how Parkinson's impacts my overall health.
- My primary care doctor asks me about my exercise routine at every visit.
- My primary care doctor frequently refers me to AHPs and other Parkinson's resources in my community.
- There is a Movement Disorder Center within a two-hour drive from my home.
- I know who the local OT, PT, and SLP are in my community who specialize in Parkinson's.
- I know who to call in my local community when I have a Parkinson's-related concern.
- My dentist is aware of how Parkinson's can impact oral health.
- My eye doctor is aware of how Parkinson's can impact vision.
- I am sure that someone who speaks my language can help me when I go to the doctor, hospital, or pharmacy.
- I can reliably afford the medication I need for my Parkinson's.

- There are mental health specialists available in my area whose services I can access.
- Medical information is easily accessible for people of all backgrounds and socioeconomic levels.



### Questions to assess advisor/advocate needs:

#### *True/False/Don't Know*

- If I need help with financial planning, I know where to go.
- There is at least one Parkinson's "expert" in my local community who I can turn to for trusted advice.
- I consider my local politicians visible and accessible to the community of people living with Parkinson's.

#### *Statements (rating scale)*

- I am aware of/have used local disability and insurance lawyers who have expertise working with people living with Parkinson's.
- I am aware of my legal rights in the workplace.
- I know who to call about insurance benefits.
- My local government cares about the aging community and people living with disabilities.
- There are advisors in my community who can help people recently diagnosed know what steps to take in terms of finances and insurance.



### Questions to assess empowerment/agency:

#### *True/False/Don't Know*

- There is a diverse range of volunteer opportunities available in my community.
- There is a governing body in my city/town that is tasked with making sure health resources and health care are available to a diverse group of residents.
- There are opportunities to get involved with this governing body.

#### *Statements (rating scale)*

- I know where to go to learn about Parkinson's clinical trials in my community.
- I know where to go for Parkinson's resources in my community.
- I am an important contributor to my community.

- I feel comfortable advocating for what I need in my community.
- There are opportunities to speak to representatives regarding Parkinson's.
- People feel knowledgeable about the policies that support Parkinson's research.
- Research is known and made available to the public in a comprehensive way.



#### Questions to assess financial needs:

##### *True/False/Don't Know*

- The cost of living in my town is manageable for the average person.
- The cost of living in my town is manageable for someone living with a chronic condition.
- I am familiar with local organizations that offer community grants for those looking to impact the health of their communities.
- My community has access to national grants for those looking to impact the health of their communities.
- There are significant barriers to accessing additional financial resources for my community.

##### *Statements (rating scale)*

- I know where to look for government support.
- I know where to look for grant programs that help people with Parkinson's in my community.
- I know about financial resources in my community.
- I feel comfortable knowing that programs I like to attend are well-resourced enough to continue.
- We are adding more programs than we are losing in my community.