

# Quality-of-Life

Co-Creating Community from the Inside Out

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## Quality-of-Life (QOL): Health & Wellness

### **COURSE OBJECTIVES:**

- *Support preventive efforts, programmatic and infrastructure, to improve the health and wellness of local residents.*
- *Actively support medical services that are accessible locally, regionally, and via Telehealth options.*
- *Distinguish between the health and wellness needs of children, seniors, disabled, and working populations.*
- *Gain greater awareness of the range of existing health and wellness products and services accessible to serve local and regional audiences.*

### **QUESTIONS** —————

- How do we define health and wellness in an age with six generations living together?
- Distinguish between the health and wellness needs of children, seniors, disabled, and working populations.
- What do we mean by local or accessible healthcare? How do we create awareness of what is available?
- Where does wellness fit into our community's future? Is it accessible?
- What is the balance between wellness (preventive) and medical care (prescriptive)?
- Do we have an adequate range of assisted living facilities and/or in-home services available for local residents?
- What role do Telehealth services play?
- How will we address the ebb and flow surge of seniors as generations age?
- What is the role of childcare in the future of our community? Senior Care?
- What is the community's responsibility for emergency management services?
- What's missing?