

ST. AMBROSE PARISH NURSE MINISTRY:
SENIOR HEALTH NEEDS QUESTIONNAIRE

St. Ambrose is now offering a Parish Nurse Ministry. The Parish Nurse integrates health and faith by acting as a health-faith educator and counsellor, a resource and referral person and a coordinator of volunteers and support groups within the lay ministry of our church community.

We are requesting your input to assess the spiritual, emotional and physical health needs of our parish community. Your response to this questionnaire will provide us with a general overview of the health needs as well as give direction for planning of specific programs by the parish nursing ministry.

Please check the appropriate answer:

Age: 55-60 yrs; 61-70yrs 71-80yrs 81 and over

Sex: Female Male

Marital Status: Single; Married; Divorced; Widowed; Separated

Employment Status: Employed Yes; No

If yes: Are you employed Full-time; Part-time; Retired;

Planning retirement within 5 years

How do you rate your health? Excellent; Good; Fair; Poor;

Do you engage in regular exercise? (formal or informal) Yes No

Health Status: Please check if you have or have had any of the following. Place a "C" by any current conditions and a "P" by any past conditions.

Heart Disease

Arthritis

Lung Disease

Osteoporosis

Cancer

Depression

High Blood Pressure

Mental Illness

Stroke

Drug or Alcohol Addiction

Diabetes

Other _____

Chronic pain

prostate disease

What is the major health concern(s) of your or any member of your family? (This includes physical, emotional and spiritual)

Please review the following potential programs and check any that may be of interest to you .These may be offered in the form of presentations, small discussion groups, or be included during individual counselling.

Physical Health Programs:

- Healthy Heart Program*
- Understanding Your Blood Pressure*
- Stroke Support*
- Men's Health*
- Women's Health*
- Fall's Prevention*
- Cancer treatment*
- Coping with Alzheimer's Disease*
- Arthritis/Osteoporosis Support Groups*
- Weight Control/Healthy Eating*
- Physical Fitness-Low Impact Exercise*
- Walking programs*
- Living with Chronic Illness or Disability*
- Information on accessing in-home assistance*
- Information on accessing medical aids for the home*
- Other _____*

Emotional Health Programs:

- Mental Health and Depression*
- Conflict Management*
- Life Crisis and Transitions (graduation, divorce, menopause)*
- Dealing with Loneliness*
- Stress Management*
- Humour and Health*
- Building Healthy Relationships*
- Living independently in your own home*
- Meeting other Seniors*
- Grieving the Death of a Pet*

Other Programs:

- Healthy Aging*
- Planning for Retirement*
- Talking to Your Doctor*
- In-home Safety*
- Caring for Aging Parents*
- Caring for Caregivers (Parents/Spouses etc)*
- Advanced Directives (i.e. Power of Attorney, Living Will)*

Spiritual Health Programs:

- Prayer and Meditation*
- Dying, Death, Grief and Loss*

Other program ideas, suggestions or comments?

If you have had experience in any health topic and would be willing to teach or share your experience, please put your name and telephone number below and include the topic with which you are familiar.

Perhaps you have dealt with a difficult life event (Example: a serious chronic illness or personal experience of loss/grief and found that your faith tradition and community provided resources that were helpful/not helpful for dealing with such encounters) and would be willing to visit others who are experiencing a similar event. Please comment briefly on your interest and need.

I would like the Parish Nurse to contact me: (OPTIONAL)

Your name: _____

Phone: _____ **Email:** _____

THANK YOU FOR PARTICIPATING ☺