



HEALTH & WELL-BEING

- **Ranking (Total/SA/FA) – pg. 3**
- **Raw Narrative Responses**
"Why is this important?" – pg. 5
- **Raw Narrative Responses**
"Types of Activities" – pg. 69

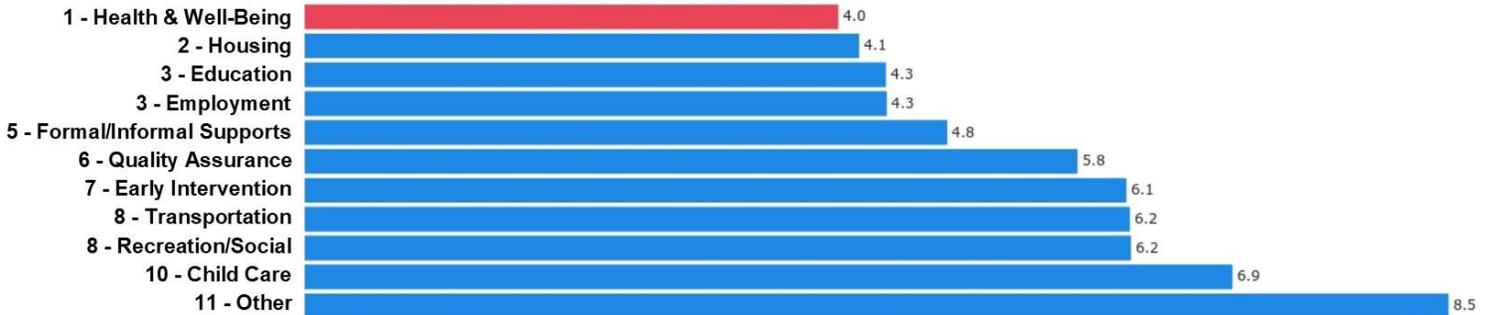
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HEALTH & WELL-BEING

Rankings based on average scores on a 1 - 11 scale (1 = Most Important)

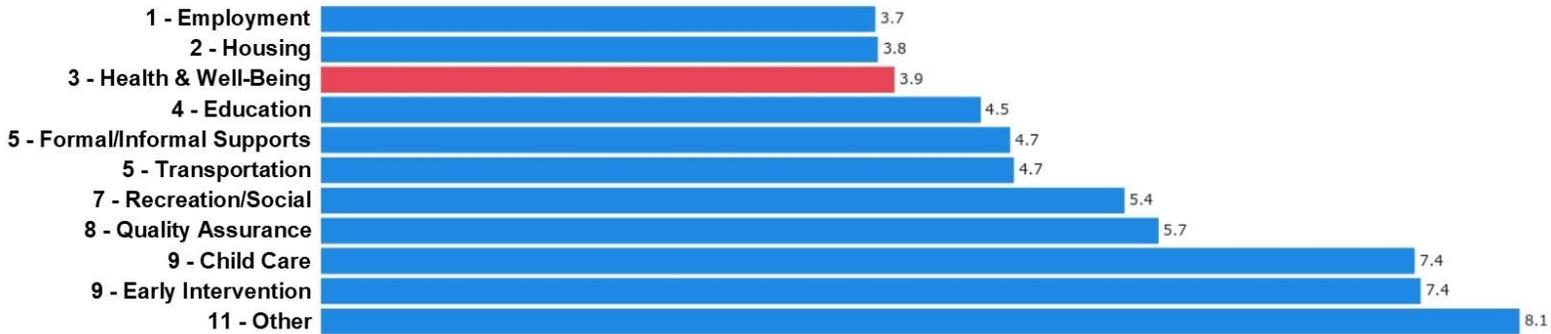
Total Ranking = 1st

Total Rankings



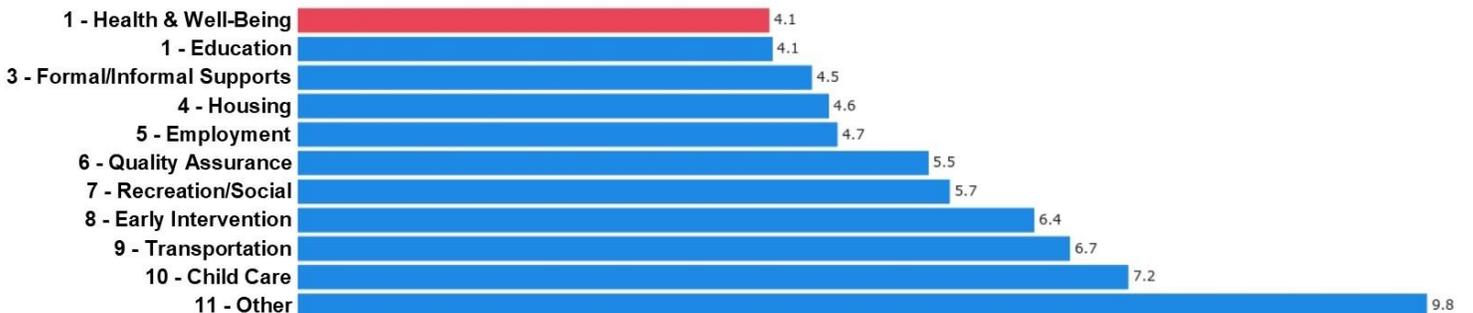
Self-Advocate Ranking = 3rd

Rankings by Self-Advocates



Family Advocate Ranking = Tied at 1st

Rankings by Family Advocates



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HEALTH & WELL-BEING

Question 1: Why did you put this as most important to you?

1. I think I can't do anything if I'm not feeling well.
2. If they are not happy from within, they will not be happy anywhere else. Physical and mental health wellness are crucial to a quality life.
3. People get sick easily and some have compromised immune systems.
4. getting the help he needs to stay healthy keeping his self-esteem intact. not feeling less than anyone else because of his disability
5. In order for any of the other programs to be a benefit one must have good health and well being
6. So I can to my body - need more doctor
7. Without this, nothing else matters
8. I live a productive life
9. Because people tend to suffer more if their health and well-being is compromised
10. Because most of our clients are non-verbal or limited verbal ability, thus their health and well-being are of utmost importance
11. My child is young, and I want to learn about those topics
12. Survival
13. Quality of life is the first most important, without quality of life, where are we?
14. I want her to be healthy and safe and happy in her community
15. Because without health and well-being you can't be an effective worker or student or family member
16. Individual is overweight
17. There's no future for me without good health
18. This is the first step in leading an active and productive life.
19. For quality of life and being able to access the community.
20. Maintaining good health is critical to being successful in all life activities.
21. No help and wellness than you will be sad.
22. Being healthy is very important

- 23.** I put it because all the things I choose help someone have a good life and survive and strive in this cruel and harsh world so they are all most important to me.
- 24.** Better health can lead to better life.
- 25.** Health will keep them not any stable but make sure they have what they need on order to move on.
- 26.** Nothing is more important than maintaining health because without that its more of a possibility to die.
- 27.** Because you have to be healthy.
- 28.** Because your health is the most important.
- 29.** For individuals who need 24hr nursing services due to their diagnosis of cerebral palsy, seizure disorder keeping them healthy is important
- 30.** It's important if I am not healthy, I can't do anything.
- 31.** Health is wealth as they said if I'm not healthy I will not be able to function
- 32.** Overall health and wellbeing in the workplace social and personal life all intersect and best performance can be reached through good health
- 33.** You need w working heart & lungs to function
- 34.** Environmentally able to have to be able to function and maneuver assistance and provide to do better and be happy
- 35.** Because disabled folks sometimes receive dismissive medical care, which is a huge issue
- 36.** Being healthy is really important to live.
- 37.** Important.
- 38.** Important.
- 39.** I want to be healthy
- 40.** Quality of life will improve if overall health and well-being is upheld
- 41.** Dangerous stuff could be going on & they don't tell you stuff (you don't know what to do) - Son is autistic and has serious health issues. Difficulty with doctors does not communicate well. Don't know what best to help. When they don't tell you Doctors and son communication
- 42.** Important in all aspects of daily living
- 43.** Needed to function for me to be able to support my needs and my family
- 44.** Mainly focusing on health since she really relies on person taking care of her.
- 45.** If you're not healthy you can't help yourself or others

- 46.** HEALTH is the number one priority
- 47.** It is important for my children to be healthy
- 48.** Basic living standards
- 49.** I need to be in good health to do or participate in any of the above.
- 50.** Health is the most important thing.
- 51.** Because we need more health and well-being in the valley.
- 52.** I put health and well-being as my number one because health is the most important thing in life as well as their well-being, I do believe that health is wealth and we need to take care of it!
- 53.** To keep us healthy
- 54.** It's important because it is important to be healthy.
- 55.** Difficulty finding dentist for special needs young adult Difficulty finding physician trained to care for nonverbal difficult special need patient
- 56.** Health services: need local health care. Medi-Cal/Medi-Care, etc. Confusing LA care. Extra help for clients as they get older
- 57.** Need health appointments. When getting older several clients have died, hard, need good health care
- 58.** Health issues are important. Quality of health 1st
- 59.** Health is wealth
- 60.** Getting older is hard
- 61.** Important as we get older clients getting older
- 62.** Health is wealth
- 63.** Because I think this is the most important thing to have
- 64.** I put health and well-being as my number one because health is the most important thing in life, well-being, I do believe that health is wealth
- 65.** I want to eat more healthy
- 66.** You have to be healthy to enjoy life
- 67.** Because people do not have enough knowledge. Needs to be literate
- 68.** In the hierarchy of needs, if your health is poor, the rest can't be addressed.
- 69.** Improve quality & medical services offered to individuals
- 70.** Nutrition/health improves quality of life
- 71.** This is foundation to tackle all other aspects of life
- 72.** Discipline specific interest

- 73.** It applies most closely to my job & personal values
- 74.** If our kids are health everything is better
- 75.** So I can remember to take my pills to ensure I live a good life
- 76.** Mental health and well-being is key to function of quality of life
- 77.** Health affects entire life. Quality of life
- 78.** So I help you do them all to be super healthy. What's super good doing the work on your life
- 79.** So I can make sure that my health is good
- 80.** I know about health
- 81.** I like being healthy
- 82.** I put these columns that are very important to me for every transferring, and how to get some free time for myself also how to be by myself
- 83.** Because I need to be healthy to be happy!
- 84.** Because people need to be physically healthy in order to get through the day
- 85.** Health is always the #1 priority
- 86.** Stay healthy
- 87.** Want to stay healthy
- 88.** Stay healthy
- 89.** Stay healthy
- 90.** My health and eating right I do not like to get sick anymore
- 91.** Job and Medicare
- 92.** Good health is important & basic
- 93.** Need more accessible health care for those with MediCal.
- 94.** If you are unhealthy nothing else is going to improve.
- 95.** Maintaining health and well-being is important to help improve quality of life for the individuals we serve
- 96.** If you are not healthy the other categories don't have a lot of weight
- 97.** Health must be the most important. If you are not well, you cannot fully participate in life
- 98.** Encompass all areas of client's life
- 99.** Aging parent provider and aging consumer in family home
- 100.** Health is number one.
- 101.** In my view, health and well-being is the first priority.

- 102.** Having my son healthy, and well-being is the most important for me.
- 103.** Happiness is everything.
- 104.** Because my health is very important, eat fruits and veggies (exercise.
- 105.** Well-being brings joy.
- 106.** Without it you have nothing.
- 107.** Health and well-being is a foundation to what surrounds a person allows supports & services to be built up
- 108.** This is most important to me because I want to be healthy
- 109.** Foods Learn to be more healthy. Learn healthy food choices
- 110.** Health is important to me.
- 111.** Being health allows me to spend more time with my cat and family
- 112.** This is most important to me because I want to lose weight and eat healthier
- 113.** If you aren't in good health or have a medical disability, it makes it more difficult to function or to do anything. Making sure someone is healthy, physically, mentally, and emotionally can truly mean the difference.
- 114.** Self-care and self-love to take care of ourselves first before anyone else so we can fully help and be there for others.
- 115.** Having good health is a foundation to strive, in other areas of life.
- 116.** Because our health comes first and being educated on it or having assistance is most important.
- 117.** Health/well-being is important in advocating and providing information on how to provide healthy habits to ensure a better well-being.
- 118.** Health is very important.
- 119.** To improve your health
- 120.** Health is the basic to grow.
- 121.** Want to be healthier and feel good
- 122.** Is a must for well-being and therapy for her health and well-being daily.
- 123.** Because we need to be healthy and feel fine
- 124.** Because I like to be healthy
- 125.** Work more
- 126.** Being healthy make me happy and I get to do things that I want
- 127.** Without health and well-being an individual cannot realize their aspirations socially, economically, and personally.

- 128.** Hygiene.
- 129.** Live a healthy long life.
- 130.** Health always comes first.
- 131.** Healthy person = healthy life.
- 132.** Should be the priority since it's a necessary condition to live a good life.
- 133.** Because the most important thing is to give support and to allow every single human being to be healthy and to feel comfortable and proud of who he is.
- 134.** Because you need to be healthy to be around to move myself around since I am in a wheelchair.
- 135.** To be able to work and be around the community.
- 136.** Health/Well-Being, education, and quality assurance. These three areas are the most important as far as I'm concerned. It helps them to be more active in their everyday life.
- 137.** Health and well-being healthy.
- 138.** Because I am still alive.
- 139.** So I can have a good life.
- 140.** Even with MediCare/MediCal some clients I know have been unable to access services due to cost of tests. It's ridiculous.
- 141.** Being in good health and having fitness helps someone feel comfortable with themselves.
- 142.** Because I want to stay healthy. Taking care of myself.
- 143.** Without good health and well-being, it is very hard to have a good life.
- 144.** Supports stay in place to stay healthy safe at store and streets. Learn to walk.
- 145.** To live longer and healthier.
- 146.** Health because it lets me live the life I want.
- 147.** See the lack of personal healthcare. No health, no go.
- 148.** Getting old and happy. Improve their quality of life.
- 149.** Cannot accomplish anything if we don't take care of ourselves.
- 150.** Health is wealth.
- 151.** Because without good health, you would not do everything you want.
- 152.** Have to have a healthy life to have happy life.

- 153.** The most important thing for individuals is health and well-being because without it the individual can not access anything else.
- 154.** Without that as focus there's no need for IFs
- 155.** If you don't have your health, you don't have anything.
- 156.** To have a better life.
- 157.** Need for all others to exist.
- 158.** I decided to choose health and well-being as the most important because being healthy and feeling well is vital in living a good happy life.
- 159.** Health is most important to me because if I'm healthy I can take care of others.
- 160.** It is all connected, it starts with health.
- 161.** Checking in on somebody on a daily basis can go a long way on the outcome of a person. Also offering different activities outside of classes to keep their health/well-being at a decent level.
- 162.** Without health nothing else matters.
- 163.** I believe everyone should have healthcare
- 164.** Health and well-being impact all areas of an individual's life
- 165.** This is most important to me because without being healthy you can't achieve anything you wish for. You have to be healthy to live your life.
- 166.** It is important for one to be healthy and in good health.
- 167.** Being healthy is essential. Without health you can't live the way you want
- 168.** Because there need to be more providers and quality assurance for clients. Providers need to have more experience with working with people with developmental disability.
- 169.** Nothing else really matters if an individual's health & well-being is not good.
- 170.** The foundation - focal points of all needs
- 171.** Health & well-being is the most important service area
- 172.** The life of client is top priority, to have a good life
- 173.** Health and safety is undeniably important affects whole life & quality of life
- 174.** Without good health all other services are ineffective
- 175.** Poor health stagnates everything else in life.
- 176.** You need healthcare
- 177.** No health - no quality of life.

- 178.** Because my health and mental health are the most important thing in my life.
- 179.** You need your health and well-being and everything else will fall in place.
- 180.** Attention to the homeless that have mental issues.
- 181.** Without good health we cannot have good quality of life.
- 182.** I put this as my most important because if you are not healthy and well everything else could possibly null and void.
- 183.** My health is very important to me, getting older need to stay healthy.
- 184.** Without you, health you can't function.
- 185.** Health is #1
- 186.** At my age now I must focus more on my health and well-being now more than ever.
- 187.** Health is your wealth. Mental health is a major issue in the African American community and amongst generations x, y, & z.
- 188.** It's important for everyone to have a health and well-being.
- 189.** Without health and well-being there would be more trouble or things to work on.
- 190.** It is important that they are healthy and so they can perform their goals and improve their quality of life.
- 191.** Because people should healthy to work
- 192.** I feel health and well-being are key to help you live a better life.
- 193.** We want them to be healthy always
- 194.** Health is important to make sure well-being is protected.
- 195.** Health is wealth
- 196.** Make sure everyone is healthy, don't get sick.
- 197.** Need to be healthy to enjoy life.
- 198.** Before you can do anything, you must secure yourself with well-being and good health.
- 199.** It is important because we can't to some of the services if we are not physically and mentally healthy.
- 200.** To have a healthy life.
- 201.** All options are important to me. One is healthcare, knowledge of rights of people with developmental disabilities that might not be socially acceptable but otherwise unharmed.

- 202.** Quality Assurance
- 203.** How to stay healthy, what kind of foods to eat and not to eat.
- 204.** To stay healthy.
- 205.** Eat healthy food, eggs, vegetables.
- 206.** Safety Education and Awareness most of them are social services
- 207.** I want to be alive until I hit 100 yrs. old.
- 208.** I like it
- 209.** Health is most important to me, it hard to get sick
- 210.** Because it's important for the staff so that they can work
- 211.** I want to remain healthy.
- 212.** Because it's very important for everyone to have the best Health. coverage, so they can have the best life :)
- 213.** Workshops & be able to have more work availability in our community"
- 214.** Do not want to be sick.
- 215.** One needs to be healthy to be able to do or accomplish anything.
- 216.** Health is the most important so everyone can thrive.
- 217.** If a person doesn't have positive health or well-being it negates other quality of life areas.
- 218.** Without health you can't accomplish much
- 219.** Keep my health is strong.
- 220.** Health and safety are essential. Access to affordable medical care.
- 221.** Western medical providers like Kaiser to helping improve bio medical issues
- 222.** How could an individual benefit from anything, in life, without good health?
- 223.** Having medical expenses not 100% covered by insurance is taxing for autism families - i.e. neurological or gut / GI appts
- 224.** You can't enjoy your life unless you are healthy, I well taken care of.
- 225.** Because I want to stay healthy and happy.
- 226.** when I'm gone, I want him to be cared for & safe.
- 227.** Must be healthy to work and get proper housing or education
- 228.** More jobs throughout the community
- 229.** Exercise (more options)
- 230.** Gardening

- 231.** Music therapy
- 232.** Want to make sure they are in good health and they are taking care of themselves to the best of their ability.
- 233.** Materialistic
- 234.** So I can live
- 235.** Health is important and you can't function properly without good health
- 236.** Health is important, treat yourself with care or you won't be able to do much
- 237.** This population needs to know they will be cared for. Their mental and physical health can be overlooked if they aren't communicative. All aspects of their life will be improved if we make their mental/physical health a priority. It will require seeing each as individuals. As a parent and primary caregiver, knowing this is our priority will reduce my own anxiety.
- 238.** Happiness is the goal health & well being
- 239.** Don't have anything if you don't have your health
- 240.** Being healthy is a priority because it helps me progress and pursue activities.
- 241.** Living a long life and being healthy is important
- 242.** I believe that health & well-being is the most important area.
- 243.** Overall health services are lacking for this population and dental care is a significant concern
- 244.** The most important thing is to have health to achieve everything else
- 245.** Living is the most important part of life
- 246.** You need to be healthy to do everyday things
- 247.** My daughter needs help being successful at maintaining her health and well-being.
- 248.** Without Health & Well-Being, little else matters
- 249.** Access to health care and receiving appropriate medical/mental health services for adults
- 250.** Everyone should be afforded good health.
- 251.** Self-care comes first
- 252.** To be Healthy
- 253.** I put health & well-being is most important.
- 254.** Because health is important

- 255.** Because w/out health we can't take care of one another, & we wouldn't be able to find a job etc.
- 256.** Without health + well-being it's difficult to have everything else
- 257.** Above all else, or if he wants to accomplish anything, health is important
- 258.** Health services
- 259.** A healthy life is a happy life
- 260.** It's an essential to life
- 261.** In order to survive & sustain a good life you need good health & well-being (emotional Mental!)
- 262.** To help others, you have to be healthy in all senses so you can focus on the others
- 263.** Because I feel it's the foundation to achieving in the other areas
- 264.** I believe mental health and physical health is the Segway to gaining knowledge & knowledge is power
- 265.** A healthy person can lead a healthy lifestyle
- 266.** We need mental health and psychiatric services
- 267.** Health and Wellbeing should come above all other needs.
- 268.** Depends on how I feel is what I will be able to do.
- 269.** People w/ disabilities sometimes don't have access to healthcare and can't communicate effectively if they're under stress or have to deal w/ other conditions
- 270.** It covers so much of life, and all the other areas.
- 271.** If you are not well (i.e., healthy), everything else is less meaningful
- 272.** Because people need Health to work and support their families - Health is to expensive now.
- 273.** Can't access any of the others without good health
- 274.** Care about body
- 275.** Help the instructor
- 276.** Health is the most important to live to work, for everything
- 277.** We need more help to be healthy.
- 278.** I need to be able to be at 100% in my well-being to care not only for myself but my family
- 279.** Medical/IHSS see doctor My family receives monetary help for caring for me
- 280.** Health & well-being of the consumers is the most important thing

- 281.** You will not live long if unhealthy and not well kept
- 282.** You need good health to live a full life
- 283.** As someone with a physical disability, I understand how much a disability can affect quality of life. What's devastating is when those with the ability to improve this on a healthcare level fail or refuse to do so.
- 284.** Maintaining good health impacts my financial well-being
- 285.** Nothing is more important than health and well being
- 286.** Lack of health providers with specialties
- 287.** Stress damages health. It's important to exercise regularly
- 288.** We need to be healthy
- 289.** Staying healthy is very important to me!
- 290.** I need to be healthy
- 291.** If my health isn't important then I can't do nothing else
- 292.** To feel great and be proud of me.
- 293.** Important to me to take care of myself I don't like to be sick.
- 294.** I have a hard time seeing so I have to stay healthy. If I get sick my mom has to help me. She's not that young anymore.
- 295.** Affordable health care is very important to help prevent illness.
- 296.** Having good health & wellness can be great for everyone.
- 297.** This is the most important aspect because physical, mental, and emotional health should be prioritized in order to enjoy a high quality of life.
- 298.** Because in order to live a happy life your health and well-being should be good.
- 299.** Without optimal health, everything else is a challenge
- 300.** Without health, there isn't any well-being.
- 301.** Everything centers around health. It determines the path for everything else.
- 302.** I want to make sure people are taking care of themselves
- 303.** Health is very important if you have health you can find your way in other areas.
- 304.** I believe it is most important to create a healthy lifestyle surrounding good health - checkups w/ doctors, healthy eating, exercise and plenty of sleep. Create balance
- 305.** I believe that health comes first to live a good life.

- 306.** I want my child to be healthy & have the best care possible. (to live a long, fulfilled life)
- 307.** My son needs to be healthy in order to get education, job...
- 308.** My child's health is most important
- 309.** Info on health & mental issues common to disability so that we are aware & can address. Without these areas being supported my child cannot be successful in any other area.
- 310.** This to me includes physical activity and friendships
- 311.** Because of my family and my well being
- 312.** Need better medical care
- 313.** It is important for individuals and families to have access to services which provide benefit to one's well-being physically, mentally, and emotionally. The body and mind are probably the most important things we can work on to improve well-being.
- 314.** Providing a safe and good quality of life is the most important to me
- 315.** Everyone needs low cost health care
- 316.** I see too much poor health
- 317.** Have to be healthy to do anything else on the list
- 318.** Health = Important
- 319.** I think "health and well-being" because I believe we are our best selves when we've healthy / aware both mentally and physical. think this can include early intervention.
- 320.** Everyone needs to be healthy
- 321.** Without good health everything else is harder
- 322.** You have everything if you have your health. Life is too difficult without it.
- 323.** The health and well-being of an individual is the foundation to make everything else work.
- 324.** Health and Wellness is important as we age because regular exercise and proper nutrition can help prevent a variety of illnesses including cardiovascular disease, obesity, and fall risk behaviors. Additionally, the need for vitamins and minerals increases after age 50, so it's important to have a healthy diet.
- 325.** This is critical to disabled people to get the best health and well-being possible.
- 326.** Is because of taking care of yourself is a good thing.

- 327.** Health and care are most important
- 328.** I can't get hospital dental care for my son.
- 329.** When people is healthy, they are confident to share and learn.
- 330.** My health care is important to me
- 331.** Illness due to disabilities can be costly. Removes independence.
- 332.** think people with disabilities might need help in getting health care and caregivers.
- 333.** Because I will live a long time
- 334.** Plan things and feel better about yourself
- 335.** So I live a long healthy life
- 336.** to be able to care for my kids
- 337.** Because health and well-being is important
- 338.** It's important to look after yourself.
- 339.** It reduces diseases and you live longer
- 340.** Core need to be successful in other endeavors.
- 341.** I have to be able to care for myself so I can care for others
- 342.** To stay healthy
- 343.** We need assistance to address mental health concerns
- 344.** Make dental more affordable for people
- 345.** Need to go to the dentist
- 346.** It helps my body
- 347.** Because it's good to be healthy.
- 348.** Getting the healthcare that people with developmental disabilities need should not be an unending source of distress (emotional and financial) for them and their families.
- 349.** I need good health so, I eat fruit & veggies
- 350.** Health and well-being impact all areas of life. Even if someone had affordable housing and competitive integrated employment, if they did not have good health and well-being, they still would experience poor quality of life.
- 351.** Health and well- being for clients and their families is paramount for success.

- 352.** Everyone deserves access to health and well-being, if we don't prioritize this, then our communities cannot thrive and progress. Any policy that can prioritize that will help entire communities move in the right direction
- 353.** It is the foundation in my opinion.
- 354.** I have to maintain my health for my family to be okay.
- 355.** If our health is fine, we won't need access to services
- 356.** quality of life begins with health
- 357.** Having good health is essential to everything
- 358.** I want my daughter to be happy with her life
- 359.** Because of what I went through in my childhood
- 360.** I like being alive
- 361.** It is important because to have a healthy life you much put yourself first and be healthy.
- 362.** Without your health none of the other things matter
- 363.** Not enough mental health services are available and or easily accessible to the individuals we serve and their families.
- 364.** An individual's well-being is the most important prior to making future educational, career, and/or leisure decisions.
- 365.** Make sure our child is healthy and appropriate care is taken in support of his well-being.
- 366.** It all starts with health and well-being, taking care of our bodies and minds first enables us to live better lives.
- 367.** Problems with Dignity Health and contract with Partnership Health Plan is causing disruption in my daughter's health care
- 368.** When I've gone to the doctors for my appointments, doctors are very misleading on some of my diagnosis and hiding my files
- 369.** There is a shortage of trained providers
- 370.** We need better mental health care
- 371.** Because DDS consumers are under served
- 372.** Significant health concerns with my child
- 373.** People with special needs deserve to live a long and fulfilled life.
- 374.** good health is the most important thing you have
- 375.** Medicines are expensive.
- 376.** Well-being of my child is important

- 377.** Without good health nothing matters
- 378.** Because my son has a incurable heart disease
- 379.** A basic fundamental
- 380.** Health is important for general well being
- 381.** Believes that everyone should be healthy
- 382.** Health effects everything else. Longevity and diets specific to my condition is worth the research and education.
- 383.** I feel that access to proper health services is very important.
- 384.** As a mental health service provider, I see the need and importance of appropriate services for health and well-being, especially accessibility to therapy services.
- 385.** Great health is a huge priority.
- 386.** Not eating a variety of foods, making sure he is independent enough to take care of himself, starting at an early age.
- 387.** Without health, you can't have anything else
- 388.** There is nothing more important than one's health and well-being.
- 389.** My child's overall happiness and health will always be the most important
- 390.** Without good health life is meaningless
- 391.** Children with disabilities are not getting quality of care from providers who are on Medi-Cal
- 392.** It is important to me
- 393.** Client health and wellbeing reduce medical and ER
- 394.** Because protocols have been put in place at local hospitals that are not in the best interest of those with intellectual and physical disabilities. In fact, they have no way in most areas to properly train the staff when someone walks into the ER
- 395.** It is important because if health declines (mental or physical) you are unable to take care of your own needs then there will be less quality of life and more unrest.
- 396.** Safety and self-care
- 397.** Without this, the rest is useless.
- 398.** We have an acute shortage of mental health and psychiatric service in RCRC
- 399.** I believe that every human being should have their health and wellbeing prioritized in order to thrive to their fullest potential.

- 400.** We have almost no mental health services for people with developmental disabilities
- 401.** children with disabilities need medical care, for specialist care we must travel for 6 hours sometimes. the community deserves better.
- 402.** I think we all too often ignore the well-being and health of the developmental delayed community. There is too much depression and emotional needs that remain unmet. For youth the expectation is our schools will take care of it, but that covers 10 months out of the year with a revolving door of counselors. Often on the back burner of things adults with delays need, and if you ask them, it isn't on their back burner.
- 403.** Because I want to be healthy to live longer and keep medical costs down. I also want to live a qualitative lifestyle.
- 404.** Agencies tend to see clients only through their own eyes. Need to view person as many-faceted.
- 405.** My health is very important to me
- 406.** Because I need to stay healthy
- 407.** Because I want to stay healthy
- 408.** I'm being on health care
- 409.** It is important to stay healthy; things like stretching
- 410.** Health and well-being is important, if not healthy then I can't work and have a job
- 411.** Because health impacts all areas of someone's life
- 412.** Need consumers to be healthy.
- 413.** I have health issues so access to doctors is essential in managing my health
- 414.** I am diet
- 415.** Health and wellbeing are critical to all stages of life. I feel there needs to be a focus on Aging supports and services
- 416.** I think that would have the biggest impact on all categories
- 417.** Because it's the reason to live well
- 418.** Because this population is vulnerable to abuse
- 419.** Without health and well-being, the other areas are hard to have.
- 420.** This covers all areas of a person's quality of life
- 421.** It is the basis of happiness/contentment
- 422.** Health is good

- 423.** This is a vulnerable population in that they have difficulty expressing needs and/or reporting on abuse.
- 424.** My health requires specific attention
- 425.** Health is important
- 426.** Health is #1
- 427.** Because without health nothing matters
- 428.** Health is critical to quality of life
- 429.** If patients aren't healthy, they can't thrive in other areas.
- 430.** Without life there is nothing. This is critical.
- 431.** They are the frequent users of the healthcare system. If those without developmental disabilities are not physically and mentally well, they cannot function or contribute to school or employment. We do not have providers that are sensitive and well trained to care for those with developmental disabilities. We need to create a model similar to the University of Utah HOME program.
- 432.** Many of the healthcare providers do not have the knowledge and skill sets to serve the intellectually challenged population.
- 433.** Need of medical services.
- 434.** People with challenges desperately need housing options, my child is 25 the needs of younger persons do not apply in our situation.
- 435.** Health is most important because without health, an individual cannot enjoy the benefits of the other areas.
- 436.** For those with learning disabilities it is important to feel good in terms of health. This helps limit just one distraction that can happen and interfere with their learning.
- 437.** Health is most important for living.
- 438.** This is the beginning...the basis of moving forward.
- 439.** We constantly have difficulty and Dr. and Hospital situations with a low functioning autistic adult
- 440.** Must have safe home
- 441.** So important to our population
- 442.** My child has been on a waitlist for speech therapy for years. My dr's office won't help me find another provider that takes Medi-Cal.
- 443.** It's obvious

- 444.** A whole-person approach to improving systems of care for individuals with disabilities is essential. We need to prioritize wellness in service delivery. This includes care coordination, consumer education, access to appropriate care including preventive, medical, dental, vision and behavioral health services.
- 445.** I believe health/wellness is an important part of our daily lives
- 446.** No health, nothing else matters
- 447.** Because health is the most important to be able to function.
- 448.** When my child was younger, we did not qualify for good state-run health care, he was not able to get early intervention or help. our medical deductible thru my work had \$7000 deductible and \$80 co pay. we were not able to access ABA without paying for it, and we did not have the money for that --- sad
- 449.** Because you cannot live a full life if you are constantly in bed sick/ill.
Preventative care
- 450.** Good health is the basic foundation for life.
- 451.** At this time in life, my focus is on maintaining stability which requires affection on health and well-being.
- 452.** Access to quality health care is important
- 453.** Healthy = physically functionable
- 454.** If you're not healthy, you can't take advantage of everything else.
- 455.** It is something all human beings deserve to have.
- 456.** Personal safety/health
- 457.** I like being healthy
- 458.** I want to be healthy
- 459.** I want to be healthy
- 460.** Want to stay healthy
- 461.** Live longer
- 462.** My adult child has autism, behavior problems, pain at times.
- 463.** Person-Centered ... without health & well-being, everything else becomes secondary.
- 464.** Without health nothing can achieve quality of life
- 465.** with disability comes continuous healthcare concerns such as coverage and affordability in the face of worst healthcare in the USA as compared to other western nations.

- 466.** My daughter's health is the most important to me.
- 467.** Health is getting better than it has ever been.
- 468.** Due to Down Syndrome and Diabetes.
- 469.** For life
- 470.** Without it nothing else matters.
- 471.** Being healthy supports well being
- 472.** Being healthy and having the foods to be healthy is so important, without it you can't take care of yourself and really anyone else you may know.
- 473.** Physical and mental wellness is key to everything.
- 474.** Health and well-being is essential human needs that each individual should receive support and assistance in living a decent care quality of life.
- 475.** The emotional component is so important for my ASD child he has a hard time deciphering his emotions
- 476.** Need good health care and dental
- 477.** Safe and secure #1 priority
- 478.** Without health supports and mental well-being, all of the other items won't work.
- 479.** If the person isn't somewhat healthy, their quality of life is shortened
- 480.** If you are not healthy than the others do not matter.
- 481.** Our son has mental health issues due to disability/depression
- 482.** I feel that in order for individuals with developmental disabilities to have a good quality of life, their health and well-being need to be a main focus point.
- 483.** Many of the individuals that we support, do not have a concept of nutrition and are not physically fit or active.
- 484.** If my clients are not physically or emotionally healthy, they can't do work or be independent.
- 485.** Because without health and well-being, all other aspects of life for anybody becomes compromised
- 486.** Many people with ASD & DD also have health challenges and lack of access to fitness centers and wellness programs. I am a fitness professional and would be willing to help with programming.
- 487.** Without health you can't do anything.
- 488.** I need to stay well and have a good doctor who takes medical

- 489.** If a person is not healthy then all other aspects of their life are affected.
- 490.** Safety and well being
- 491.** Because my son has a seizure disorder that is not controlled. His health is important to be able to have quality of life.
- 492.** Because in order for a child learn this. Needs to come first.
- 493.** Nothing can be easily done if a person is not well
- 494.** This is a fundamental to all other accepts of life.
- 495.** I think this can include a lot of supports that people with developmental disabilities need.
- 496.** Locating and maintaining care with a primary care physician for an adult w/ autism has been extremely challenging, and our local Regional Center does not have a database or other support info. to assist. Everyone can help find a knowledgeable pediatrician; no one has the first clue about doctors for adults.
- 497.** Without health nothing else matters.
- 498.** Health & Well-Being need to be optimal to best enable the development of all other aspects of living and development.
- 499.** Physical & mental health are the foundation to all the others.
- 500.** If a person had poor health then all of the areas of life like socialization, ability to get an education (IEPs, special transportation), ability to work are affected.
- 501.** Health is always #1
- 502.** California has a big obesity problem and our Special needs community are as well. They deserve to have a healthier life as well and for some exercise and nutrition is not the most accessible to them. Let's help them prevent diabetics and other ugly diseases as cancer and many more.
- 503.** Being healthy and medically sound is important to living a good life
- 504.** Health and well-being are the foundation of living life.
- 505.** With people with disabilities who can't be taken care of, if their parents cannot go to work to provide for their family.
- 506.** Without access to good mental health, people are not able to live the life that is possible for them
- 507.** Health and Well-Being is something all individuals should strive for and it encompasses many of the other items above.
- 508.** Health is most important to me

- 509.** It all starts with becoming and staying healthy. All support services that foster that goal is key
- 510.** Need more supports for dental services. Need to cover more services.
- 511.** I have chronic health issues and medical services are very important to me and other people
- 512.** Nothing can be done if people are ill/dead or buried under medical debt. Healthy people are better able to meet needs.
- 513.** Because it includes so many of others
- 514.** Need for support for parents for behaviors.
- 515.** My kid's health comes first and then we can work on education.
- 516.** Health is being alive you need to be here to make a difference
- 517.** If the family and children are healthy and empowered to maintain a healthy lifestyle then they will be happier and less stress. Leads to less complications in life.
- 518.** It is outside of regulatory minimum requirements
- 519.** This will create a positive environment for independent living.
- 520.** Need for senior resources
- 521.** My family member has complex medical and physical needs, making sure she is healthy and happy is my number one priority.
- 522.** Because I have a medically fragile child w/ an IEP, I also have a child with Autism with an IEP.
- 523.** I also have an autistic child in typical class w/ IEP that gets pulled out for PSP
- 524.** My daughter's health is the most important thing.
- 525.** I like brushing my teeth
- 526.** If someone is not healthy, what good are any of the others?
- 527.** I care about my health
- 528.** Health is needed first before the other services and support in my opinion.
- 529.** Being healthy is basis for grand life.
- 530.** Improve access to compassionate care
- 531.** Because with that you can live better
- 532.** The health and well-being of others is important.
- 533.** This is probably the most use full staff I will
- 534.** A person's health and well-being should come before other services.

- 535.** Everyone is allowed same.
- 536.** It is important that people with disabilities know how to be and stay healthy. Be provided the opportunity to receive health care and advocate for themselves.
- 537.** Oral health is the focus of my job. Oral health impacts quality of life.
- 538.** Because if you are not well physically or mentally how can the services be of any good to you
- 539.** Is important that participant is in good health conditions in order to enjoy his/her life.
- 540.** Because it's Important that they are at the best health to complete their job
- 541.** Over medication issues
- 542.** Good health is essential to being able to accomplish other goals.
- 543.** Good mental health is a gateway to accessing community programs
- 544.** In order to live well I need to make healthy choices both mentally and physically.
- 545.** Although broad in scope, it's most important.
- 546.** I believe health is most important in everyone's life.
- 547.** You can't get anything done or have a stable life if your health doesn't allow you to do so.
- 548.** Because without your health and well-being you can't do much else. As healthy well-being lets you excel in other areas.
- 549.** There are several programs but not all are well organized. Prevention saves funds and improves quality of life.
- 550.** Health is everything
- 551.** Serious health problems
- 552.** Because people with DD quality of life has been overlooked for years.
- 553.** Health is important
- 554.** Mental health care is often overlooked, it is important as is physical care
- 555.** To be healthy and well is important.
- 556.** All individuals need to have the most appropriate health care/supports.
- 557.** If you don't have health, you can't do much.
- 558.** Without our health, life is more difficult.

- 559.** As an employee of a non-profit service agency these factors do not have impact for me but do have major impact for our consumers. So all are important that way.
- 560.** Foundation to helping self and others
- 561.** Health and well-being are most important to me because if one's self is not healthy and well the other issues are mute
- 562.** So I can stay healthy.
- 563.** because without health, there is no good life!
- 564.** Everyone should be healthy or have access to medical and dental.
- 565.** constant changes in health care
- 566.** Have to be healthy to be involved in any thing
- 567.** Well, all the other supports don't matter much if mortality is a factor.
- 568.** The backbone for everything else
- 569.** Clients need access to health care and emotional support services
- 570.** If an individual is not mentally, emotionally or physically well, they cannot best serve their community and society overall.
- 571.** We need to be healthy in order to do anything
- 572.** IF A PERSON IS NOT HEALTHY, NONE OF THE OTHER SUPPORTS MATTER
- 573.** Without good health one is not able to do anything
- 574.** Our clients need help to understand healthy lifestyles.
- 575.** If I did have this, I could not do anything else as well as I possibly could.
- 576.** If one is healthy it is easier to accomplish the other areas.
- 577.** Medical is important
- 578.** Meeting all their needs in their lives.
- 579.** Ensure diagnosis and dual diagnosis are correctly assessed.
- 580.** Health is everything
- 581.** Health is everything
- 582.** Encompasses all aspects
- 583.** Physical and mental health need to be optimal and stable for anyone to live a meaningful life with job, education, etc.
- 584.** Because people need to be healthy in order to have a good life
- 585.** Very important
- 586.** Need good insurance to make sure the kids get their needs met medically

- 587.** It is hard to live if I am not healthy.
- 588.** Health is the priority to handle all aspects.
- 589.** Because you need to stay healthy and active
- 590.** Is what I am dealing with the most
- 591.** Healthcare is most important insurance is not always available to all in the past.
- 592.** I feel programs/funding needs to be augmented to improve the care individuals receive.
- 593.** I believe it is the basic human right.
- 594.** Patients with IDD cannot advocate for themselves often but may not be able to access the care that they need.
- 595.** My son's health is #1 on my priority list. If he's not healthy then he's not happy and cannot participate in daily activities.
- 596.** Without health and wellbeing nothing else matters
- 597.** In order to survive and live well we need to be healthy.
- 598.** Health is priceless
- 599.** Because nothing else matters if you are not healthy
- 600.** My nephew will need services to promote and maintain his well-being
- 601.** If my son isn't healthy than nothing else matters
- 602.** PROLONGED QUALITY LIFE
- 603.** I care for my health and well being
- 604.** Person needs to be healthy in order to be able to work or do things they want to do.
- 605.** I've had a lot of health problems and making sure that I am taken care of and that my health is good is most important to me.
- 606.** I want to be healthy. I like to look good, and I am a healthy eater.
- 607.** Without this a person has nothing IMO
- 608.** I think your emotional well-being is so important to living your daily life
- 609.** It could mean the difference between life and death
- 610.** Healthy people could do better
- 611.** One needs to be healthy to work effectively
- 612.** Because we need to have good health and well-being before anything else- If we don't take care of ourselves, we may not be able to move, focus, and do things.

- 613.** It is important to lose weight
- 614.** If you are not well physically or mentally everything else can be hard to impossible.
- 615.** Being able to live a healthy and happy life, also a safe environment.
- 616.** I find that most of the adults with disabilities that I know are in poor physical shape and do not follow good nutritional guidelines.
- 617.** He has limited mobility in all areas.
- 618.** Quality healthcare and medical services are extremely important in order to access other environments
- 619.** If you are not healthy the rest of the stuff does not matter.
- 620.** Important to be healthy
- 621.** Important
- 622.** Because it is important to be good.
- 623.** If you don't take care of your health. A person is not able to do nothing.
- 624.** Health needs are broad and sometimes difficult to address.
- 625.** Because without good health then it's hard to do the rest.
- 626.** Health is important, it all starts with being healthy and getting what you need to live.
- 627.** Without health and well being
- 628.** Health is important
- 629.** The reason why I put this as the most important is because to make sure people with physical and mental health are taken care of.
- 630.** Without good physical and mental health, all other supports have no function
- 631.** To treat myself
- 632.** Health & Well-Being is where it all starts.
- 633.** Their safety is #1.
- 634.** Safety first!
- 635.** All aspects benefit from healthy/happy people.
- 636.** Health is important.
- 637.** Health is important, without you being health you can't to the rest.
- 638.** This is vital and huge for good quality of life.
- 639.** Without health and well-being, it is hard to do things you want to do and help people.

- 640.** They need to function before they can do anything else.
- 641.** If a person is healthy, then they'll be able to do a lot of the other things.
- 642.** Health is important to live longer.
- 643.** Nothing else matters if you aren't healthy.
- 644.** I want them to be healthy.
- 645.** The health and happiness of my family is most important to me.
- 646.** Because a person's health is always a number 1 priority.
- 647.** You can't do much if you are not healthy.
- 648.** To keep people health well-being spiritual, mind, body, soul, spirit.
- 649.** Encompasses so much of life, if health / wellbeing is off balance, can't focus on other areas
- 650.** Families need to be health or well-being.
- 651.** Because I believe we won't function well without health and well-being
- 652.** You have to be healthy to be able to do all the other things
- 653.** In order for I/DD to access services they need transportation, a place to stay with less to maintain their health.
- 654.** My brother is 66 now and that would be the most important.
- 655.** You need to function properly to complete any task.
- 656.** Don't want to be sickly.
- 657.** Health is the most important part of living a fulfilling, active life.
- 658.** The Health and well-being of these individuals is the number one thing that should be a priority. Without this in mind, all other areas fail.
- 659.** Everybody is a human being and should be taken care of
- 660.** My daughter has health issues and if she feels well then, she will be happy and function at work or in community with friends.
- 661.** A healthy diet and exercise program are essential to their well-being. I have recently seen a few special needs persons who died at a relatively young age.....most of them overweight.
- 662.** Because without health and well-being, nothing else matters
- 663.** Physical and mental health have to come first
- 664.** My son's daily activities need to be aligned with his needs and funded - he needs activities such as visiting a park where he can socialize, stretching, exercise, brain exercises, etc. These we have failed at getting current funding for.

- 665.** If our persons are healthy and are taken care of medically this will help with their independence and long-term future growing older with a quality of life.
- 666.** W/o mental & health being nothing else can happen; our students most common game changer.
- 667.** Shortage of providers and specialty care in rural communities
- 668.** Good health
- 669.** Keeping our children healthy and having the community supports to do so add to the well-being of caregivers as well as children.
- 670.** They have to be healthy and in a good place mentally to function well.
- 671.** Mental and physical health impacts all areas of life, and if not well can make everything else hard or impossible.
- 672.** MAINTAIN QUALITY OF LIFE
- 673.** Services are severely lacking
- 674.** Because you have to be healthy first before you can achieve further other opportunities.
- 675.** When a child is told that he or she is capable, and the executive functioning is not, you create an emotionally unstable child
- 676.** To get healthy/stay healthy
- 677.** Even with both Medicare and MediCal, it is difficult to get even adequate medical care. Waiting 4 months for 1st available dermatology appt after MD referral, three months for appt with primary care physician. Leads to high ER usage for things that ought to be readily available with regular medical care. Also, there is virtually no dental care for adults needing sedation...no hospital time allowed for dentists.
- 678.** I feel it adds to quality of life.
- 679.** Healthcare is a right, not a privilege
- 680.** Health is important.
- 681.** Everyone has the right to a healthy state of being.
- 682.** Health and well-being make life more satisfying.
- 683.** Not enough MD's who are skilled at working with people with developmental disabilities
- 684.** Appropriate medical support for medically complex adults with developmental disabilities
- 685.** Health and well-being services are many times overlooked and have immense impact on quality of life.

- 686.** Because without good health, services are wasted.
- 687.** HRC is always making us jump through hoops and the issues of well-being for our severely disabled daughter. Insurance like Medicare and Medicaid doesn't pay for many of the services we need so we are out of luck?
- 688.** Without healthcare there is undue stress which degrades the mind and body
- 689.** So our DB communities have decent Healthcare and exercise.
- 690.** As someone you love has DID, PTSD, Sever Depression, and mobility issues (caused by a stroke at 11 months old), It's important that I see my doctors on a semi regular basis.
- 691.** Everyone needs to be healthy to do anything.
- 692.** To let everyone be healthy.
- 693.** Because my son is low functioning (limited communication) and needs assistance for hygiene, grooming, food-prep, safety, daily structure, 24-hour protective supervision.
- 694.** Mental wellness is a serious issue right now and affects all progress negatively if not improved.
- 695.** Once you have shelter than this can be more feasibly attained. It's only second because without shelter I don't think we can make any great strides in health.
- 696.** My kids need specialist and there are none
- 697.** I believe it's important to start at an early age to support families and service providers with the best proven practices to educate and teach people the importance of health and wellbeing for the opportunity to have happy fulling life for the present and future.
- 698.** It is essential!
- 699.** Many individuals are sitting in group homes and have a place to stay, many times not of their choosing. But their health care/mental needs are met only partially or not at all.
- 700.** Have to be healthy to work
- 701.** being healthy helps
- 702.** Eating healthy
- 703.** Health and well-being are the basis for all other aspect of one's life. The cycle of health and well-being however will not work unless there is housing, jobs, activities, support and education.
- 704.** Adults need more doctors that accept Medi-Cal in all areas of San Diego
- 705.** Without Health and Well-being, we have nothing.

- 706.** How to survive in society
- 707.** Need more behavioral healthcare services and resources
- 708.** Health is always on the top of the list. Good health brings a quality life.
- 709.** Well-being is a comprehensive view of an individual and it relates to every level of outcome, life quality, etc.
- 710.** More education around nutrition issues is a critical need for people with I/DD. Healthy eating together with physical activity need to be emphasized.
- 711.** Mental health and emotional well-being are often key to success
- 712.** Individuals health and well-being is a priority
- 713.** MediCal needs to step up their assistance in health and well being
- 714.** Can't enjoy life unless you are healthy.
- 715.** Because it is a primary importance and it encompasses acting on most of the other items in this list.
- 716.** Many need more care and nurturing to learn to eat better, be physical and take better care of themselves.
- 717.** To Protect From Abuse
- 718.** HEALTH AND MENTAL HEALTH IS IMPORTANT FOR SUCESSFUL WELL BEING
- 719.** Seniors citizens as a whole due to age, and health reasons tend to become ill more often and need more assistance with health maintenance and hospitalization.
- 720.** To Live Longer
- 721.** Very much similar to the reasoning for housing- health and well-being are necessary for consumers as it is for everyone. Needs to me met.
- 722.** Good Health Care is becoming less affordable for everyone
- 723.** Healthy mind, healthy body.
- 724.** Health
- 725.** Low cost gyms to lose weight and be healthy.
- 726.** Education of health care provider for the dd population
- 727.** Referencing Maslow's Hierarchy of needs
- 728.** Have observed that many consumers, living independently, are isolated and physical/mental health needs are not addressed.
- 729.** Providers don't understand how to deal with mental disabilities
- 730.** Some P.M and S. C. don't give a damn about this area

- 731.** I believe having a health and well-being team is essential to the long-term health and self-confidence of disabled adults.
- 732.** After all, optimal health & wellness is what every individual hopes for. Poor health equals poor quality of life.
- 733.** Our babies are fragile and their 'greater well-being' is something caseworkers can't support. The systems don't provide adequate internal controls for proper care
- 734.** You have to be healthy
- 735.** I believe transition programs and adult programs lack skills in healthy living. Our adult children are not being fought the importance of making healthy choices when eating in the community or cooking at a program.
- 736.** My child's meds were crucial.
- 737.** ASD Children's often fall through the cracks of the health and education system where they're health and well-being is at risk.
- 738.** It is important for all to receive proper care and to feel safe in all places
- 739.** There needs to be a way for individuals who are mildly to moderately on the autism spectrum to qualify for state medical benefits if they are not able to maintain a job mentally that provides medical benefits when they live with their parents and are too old to be on their parents insurance plan.
- 740.** Health is super important. Without us having good health then we can't care for others.
- 741.** Having health insurance is important and I hope that my son continues to have medical at no cost and you really help.
- 742.** Quality health insurance is critical.
- 743.** Good health and well-being should be on a lifelong continuum from infancy to end of life.
- 744.** The need for person centered planning and behavior services is more important to me and the individuals I know receiving services
- 745.** Good health leads to a better life.
- 746.** Safety and security is developed in a home. Health & Well-being allow people to thrive in their home and in community. Many of the clients that that I have conversations with are not being heard and need others to not just stand for them but to also stand with them.
- 747.** In order to provide you must take care of self first. A topic that needs lots of attention and support.

- 748.** I have always throughout my son's life had issues with Medi-Cal cards issued; one month he is covered the next he is not- it took me a long time to become aware that I can take denial letters to RC
- 749.** If your health and well-being is poor you can't keep up with your work duties (#1) So this is very important!
- 750.** Care for those with disabilities is critical
- 751.** Being healthy is important
- 752.** Mental health and well-being is an area that most adults with disabilities are unfamiliar with and how to tap into these services
- 753.** Good health leads to good life
- 754.** Concerns about emerging mental co-morbidity.
- 755.** Maintain programs
- 756.** Identification of Primary care MD who understand DD
- 757.** Because that is fundamentally important.
- 758.** Need to be successful/happy
- 759.** The disabled need access to good health care.
- 760.** Without health, none of the other stuff matters. Make the Medi-Cal system serve people, increase rates so providers are available, recruit specialists, help develop multi-specialty clinics in every county SO PEOPLE CAN get the care they need, reduce the barriers to entry for providers and patients
- 761.** That my sons are well taken care of plus medical checkups
- 762.** MediCal should be strengthened
- 763.** Quality of life
- 764.** Because it is extremely important
- 765.** Coverage for various types of health-related services and well-being would be helpful
- 766.** I want my son to have good quality of life
- 767.** Health coverage is expensive in the US. Unless there's a single-payer universal health care system in place, it's only going to get worse for a lot of people, especially for those with disabilities.
- 768.** Many consumers have chronic health challenges
- 769.** Obesity, smoking, childhood disease
- 770.** Unless a person is able to secure a full-time job with benefits or qualify for RCOC, SS, etc., they often lack the skills or access to proper health care and ways to maintain their health.

- 771.** If the person is healthy, they will need less services and can concentrate on being independent, rather on all of their illnesses.
- 772.** People need to know how to get services to stay healthy
- 773.** To be continuously healthy.
- 774.** Without assistant staff, many people cannot maintain basic cleanliness, cannot save themselves during disasters, cannot communicate with others to get their needs met or report abuse
- 775.** To live long healthy lives
- 776.** This population has many health issues that need to be addressed if they are to participate fully in the community
- 777.** Increased Mental health resources needed
- 778.** Good health and well-being is crucial for the individual, caregivers and family members in order to benefit from any supports, therapies and education training that are given. Individuals who have a more balance well-being will be able to gather, process, retain and utilize the information. A person in distress and/or preoccupied with their health would be distracted and trainings/therapies may not be a priority.
- 779.** If our individuals are not given proper health care, they will not be able to access the other existing services available to them
- 780.** How to keep our kids healthy
- 781.** Ease of finding quality doctors who understand
- 782.** Health is essential
- 783.** Balanced health is key
- 784.** Because health is important for an active life.
- 785.** More access to medical needs like dental.
- 786.** Families are always in need of support to stay healthy and receive the proper medical care.
- 787.** It is difficult to build skills into a child when they are not healthy. Health needs to be a priority.
- 788.** For my own health and well-being.
- 789.** People need their health and well-being in order to fight poverty and the depression that comes with not being able to meet basic needs.
- 790.** I want to be happy.
- 791.** I interpret this as "safety", obviously a priority.
- 792.** Our health and well-being is the foundation of a well-balanced life.

- 793.** An individual's health and well-being are crucial to survival. if they're unhealthy or not well it affects all areas.
- 794.** When a person is able to care for their health and has stabilized their well-being.
- 795.** To ensure children and their families are able to practice self-care and live the best healthiest life possible.
- 796.** People with disabilities have very limited resources when it comes to medical and mental health support.
- 797.** Meds and appointments
- 798.** Without a focus on good health and well-being, there is no need for any other supports.
- 799.** My child's health is important!
- 800.** It's important for are kids to be healthy
- 801.** Everyone needs to be Healthy.
- 802.** Basic to survival
- 803.** There is a value an individual to learn how to care for self in order to function and be capable of complete daily responsibilities.
- 804.** Because therapies lead to health and well being
- 805.** ?
- 806.** It's important for people with disabilities to have programs dedicated to their well-being.
- 807.** Adverse Childhood experiences (ACE) can be life-altering and can create life-long issues. Therefore, it's imperative to decrease these events for children and families.
- 808.** I think if health and well-being are being met other things are easier to meet.
- 809.** To live healthy
- 810.** If you're not healthy, you are unable to focus and move forward
- 811.** It ties in with housing--providing structure and stability is what they need the most.
- 812.** I want to be healthier and not die at an early age.
- 813.** Healthy lead to happy productive work.
- 814.** Sign medical diagnoses which impacts their whole lives.
- 815.** Finding good medical care within the confines of Medicare.

- 816.** Health is most important for a person know with down syndrome.
- 817.** Health is key to being able to hold a job.
- 818.** Vital to taking part in the community and integration.
- 819.** Health is important.
- 820.** Clients well-being is important.
- 821.** Because the healthcare system and providers discriminate and individuals with challenges do not receive the care they need
- 822.** You have to be healthy and positive to enjoy your work
- 823.** It's directly related to their quality of life
- 824.** Your health is what is needed to help you achieve adult success.
- 825.** more opportunities for program that assist if funding is not available for medication, even vitamins, provide medical care for all regardless of status
- 826.** Good health is essential for a good life
- 827.** Health and food is one of life's basic needs.
- 828.** Health
- 829.** Take care of needs before people can focus on other things
- 830.** Most of our consumers are obese and barely "move". If investment is not put into their health, it will cost the state more taxpayer dollars in the long run.
- 831.** I Have urinary tract infection
- 832.** Finding Medi-Cal funded services for individuals that need behavioral supports can be challenging and limited.
- 833.** More care coordinator for dental and physical health.
- 834.** Without health, the rest is much more difficult.
- 835.** Dental- "Oral health is related to general health."
- 836.** Addressing individual's physical, mental, and emotional well-being can help facilitate growth. Once health and well-being are attended to, individuals can focus on other things that matter to them, and life may hold more joy.
- 837.** Without health what else can work
- 838.** It's a right.
- 839.** Health and well-being is important in life. Because when life goes on there is always a health issue because it will as a society to maintain every aspects in health wise

- 840.** People should understand the important of maintaining a positive and healthy life
- 841.** We need to make sure that the individuals are mentally and physically strong. By focusing on this we can provide a longer quality of life for them.
- 842.** Staying healthy is important
- 843.** Deterioration quality and availability of services
- 844.** Access to medical care and dental care is crucial for this population
- 845.** Everyone needs their health.
- 846.** My health matters to me so that I may live a fulfilling and happy life.
- 847.** Health & Safety should be a primary concern and focus to all parties involved as it is the foundation to anyone's happiness and succession
- 848.** If I am healthy all other areas of my life will be easier.
- 849.** Because people with disabilities need help in taking care for their health and to make better decisions.
- 850.** Health and well -being
- 851.** Because I love to eat, and I want as much time on this earth as I can get to enjoy it. I admit restaurants and junk food are never the top of the list but trying new things at a Russian doll was fun.
- 852.** Taking care of health helps us to better control the rest of the area in our individual, or community system
- 853.** My son & others suffers from Celiac Disease. We need more public awareness in this supportive field.
- 854.** It's important that adults and children with special needs be healthy and happy to enjoy programs and learning. if you are not feeling well this can prevent clients from reaching goals that can improve their quality of life.
- 855.** Above all, I want my family members to feel good about themselves. Their physical and emotional well-being takes precedence over everything.
- 856.** More support needs to be provided for consumers in the areas of health. regional centers and agencies are not sure on how to handle completely handle the health and wellness of consumers. They need to be given training
- 857.** I need to take better care of myself.
- 858.** important to learn ways that these population can improve on their overall health and well-being. Including but not limited to having access to health services as young adults as this has a great impact in their well-being.
- 859.** Many people with I/DD have health challenges

- 860.** To avoid getting diabetes.
- 861.** I like to feel safe.
- 862.** Health, like housing, is a basic need required for anything else in life.
- 863.** Without a sound body you can't have a sound mind.
- 864.** I am not sure.
- 865.** I wish I was health.
- 866.** Healthy diets (special diets) is important.
- 867.** Obesity is such a problem
- 868.** Better care for clients
- 869.** It is important for parents to be healthy physically and mentally to help their children.
- 870.** People need to stay healthy
- 871.** People need to feel physically/mentally healthy and feel good about themselves.
- 872.** It is very broad and seems to include everything going well.
- 873.** Because it is crucial to live a quality of life.
- 874.** Health care is extremely important. It is a driving force of live.
- 875.** Overcoming diabetes, heart disease and cancer. "Healing through art"
- 876.** Health is a necessity in any developed country
- 877.** This is needed after diagnosis
- 878.** Healthcare is necessary for all
- 879.** Medical care is still not affordable for those working full time and/or have multiple jobs.
- 880.** A healthy lifestyle is important, especially when people are learning how to be responsible for themselves and a healthy lifestyle leads to a happier well-being.
- 881.** If a person is not physically healthy all the other needs are useless.
- 882.** Need prevention
- 883.** Behavioral health for people with intellectual/developmental disabilities is woefully underserved. We need emergent psychiatric and inpatient psychiatric care for people with ID/DD
- 884.** Assistance with dental and medical care as these can be difficult with some disabled people

- 885.** While not the only factor, Health & Well-being are key in any person's success in their respective community.
- 886.** Families do not always have access to healthcare that understands the DD population.
- 887.** This population relies on medical needs to help with their daily living. They have a lot of healthcare needs especially medications
- 888.** The well-being of the client starts with proper health care
- 889.** Need good gym access and medical access.
- 890.** To stay healthy and eat better
- 891.** Very important to independence
- 892.** Seems important.
- 893.** More attention to the physical and mental health needs of persons with disabilities will improve quality of life and increase opportunities for all ages.
- 894.** Because I am a mental health provider and we need more staff to better serve our clients
- 895.** Insurance coverage (including dental) is crucial for the people we serve
- 896.** This an area that may often be neglected by clients because it's a complicated system but extremely important
- 897.** Some DD individuals find challenges to access health services because their income/benefit
- 898.** Preventative healthcare minimizes serious health risks
- 899.** Health is important.
- 900.** Because a lot of children do not have the opportunities of doing exercises and eating healthy food
- 901.** Want to learn how to be healthy
- 902.** Health & well-being it's important to stay healthy
- 903.** Important.
- 904.** When public benefits in danger -we need to be vocal about those benefits remaining intact. Pre-existing conditions could be in danger.
- 905.** In order to do a task, you have a clear mind along with good body of health.
- 906.** It is important to have health
- 907.** Health is extremely important without health & well-being is hard to proceed to the next goal/levels
- 908.** Health & well-being for kids & families is very important

- 909.** Health is important
- 910.** It is important to get my medication.
- 911.** Because health and well-being are an important part
- 912.** So we feel good
- 913.** To feel good
- 914.** To feel good every day
- 915.** Want child to have a best quality of life
- 916.** Because this is where your planning for care starts
- 917.** Because medication
- 918.** To improve and progress in life, health and well-being very important
- 919.** Because I was on a weight loss and nutrition program and need to continue maintaining a healthy weight and everything
- 920.** In order for any individual to function most effectively, their physical and mental health need to be optimized. People w/ disabilities are at higher risk for both physical and mental health problems
- 921.** Health and well-being is part of wellness both of those with disabilities and families to better cope with the potential challenges of families coping with a disability
- 922.** All play equally important roles
- 923.** Need for more quality assurance with vendors
- 924.** Need to continue to improve relationships between service systems - especially MH, Education, RC DOR- Also access to durable medical equipment & repair when on Medi-care
- 925.** Those w/ disabilities tried to have more medical issues and health is important for longevity
- 926.** I want to be healthy
- 927.** I want to lose weight.
- 928.** Generally, we want to make sure the individuals health/well-being is optimal - focused on
- 929.** Because can prevent many disease
- 930.** To be alive
- 931.** Need to be health to take care of self and avoid sickness
- 932.** I'm very comfortable with my medical insurance
- 933.** To have peace of mind.

- 934.** Helping individuals and educate on health would increase quality of life.
- 935.** My health is a priority
- 936.** We need great health insurance in order to have services for all.
- 937.** Because we need to take care of ourselves.
- 938.** Good health leads to long living. Well-being = confidence and peace
- 939.** Physical health, mental, overall health is important.
- 940.** It is important to help people eat healthy and have a healthy style life
- 941.** Having purpose in life is important since it gives sense of self.
- 942.** Not enough awareness on this area for adults with disability
- 943.** I see a support void in regard to IDD/DD w/ mental illness
- 944.** Want to make sure that everyone is safe while either at work or program
- 945.** They would need to be as healthy as possible in order to have a good quality of life
- 946.** Our residents are getting older (40's, 50's, 60's)
- 947.** It is important for staff working to have knowledge on health care and well-being to help support with developmental disabilities.
- 948.** More generic services are needed to meet the needs of the consumers.
- 949.** Disabled people need to have access to quality health care.
- 950.** Same as #2
- 951.** Need to stay healthy.
- 952.** Because service providers under MediCal are not trained well for our children. Need more info on who can better provide care.
- 953.** Do more when I'm not sick
- 954.** Everyone deserves to have health!
- 955.** Without good health I won't be able to work or provide myself.
- 956.** Low-income easy for anyone to get.
- 957.** Its overlooked that with a toxic body and because of toxic food stops/hinders healing.
- 958.** cause health is very important
- 959.** Your physical and mental health are important for daily living
- 960.** This affects everybody's life.
- 961.** Need to stay healthy. Health is an area that special need persons may need. Continue health and support.

- 962.** I worry about my son being caught by police and what kind of training do they have to handle kids with autism or other disabilities.
- 963.** Our boy struggles with his obesity.
- 964.** Not good to be sick
- 965.** My doctor helps me feel better
- 966.** Health is very important for everyone.
- 967.** Staying healthy throughout my life.
- 968.** If I am healthy, I can go to program.
- 969.** We need to make sure people see and have a doctor on a regular basis.
- 970.** Your overall health and well-being is beneficial for a happy and meaningful life.
- 971.** It's important I eat healthy food.
- 972.** To help me accomplish my goals in healthy and safe environment.
- 973.** I do not like getting sick.
- 974.** For stay being healthy.
- 975.** I have serious health needs and i need to make sure I get care.
- 976.** Health plan that I have does not work for me. I would choose a different one, If I was able to afford contribution due to its premium.
- 977.** In order to maintain a high quality of life.
- 978.** Health is one of the most important areas in my life, so I will advocate for them also.
- 979.** Foundation for a quality of life.
- 980.** Because being health is very important for living a happy and productive life.
- 981.** Health and well-being is life.
- 982.** Every human is important to have good health.
- 983.** Healthcare is important
- 984.** Need for adults to have people who are concerned about their health and well-being once parents are dead.
- 985.** You must have access to medical to maintain well-being.
- 986.** Being on top of health will help our residents.
- 987.** Community access to wellness programs is lacking for our residents.
- 988.** It's most important to make sure yourself is good.
- 989.** Important to help focus on objectives to reach goal

- 990.** What services can be provided and how they related to physical activity
- 991.** Important to be healthy
- 992.** Health/living is important. Helps to extend life.
- 993.** Making sure an individual is top priority and most importantly to assist an individual for proper hygiene.
- 994.** Because so that you could be healthy
- 995.** Diet and exercise
- 996.** People should be able to afford basic health care with access.
- 997.** Because everyone deserves medical care.
- 998.** In order to live and survive in this world you have to work hard for what you want and need - nothing is free.
- 999.** So little is available.
- 1000.** Benefits are hard to come by. I can get a job, but they don't have benefits.
- 1001.** You can't be functional in society if your health is no good.
- 1002.** To stay healthy
- 1003.** Like to eat healthy foods, fruits, and vegetables.
- 1004.** More home
- 1005.** Without health, client will not succeed
- 1006.** Health and wellbeing is critical
- 1007.** Because I'm getting older, I want to stay healthy.
- 1008.** Because you want to be healthy
- 1009.** It's important to know their health conditions & well-being to make sure that they get the needed services in connection with their good health & well-being
- 1010.** Health is number one importance to one person with a disability to make sure that they are healthy & safe for environment.
- 1011.** People should drink healthy medicine
- 1012.** Because they need to be healthy and well taking care of.
- 1013.** It's important because they need to live a healthy living in their lives
- 1014.** Because access to community is important and hard to find like groups to supports.
- 1015.** Because without one and 2 there isn't need for well being

- 1016.** Most of our kids have lots of secondary and tertiary diagnoses, but we can't get the right healthcare for them. Most doctors treat the main diagnosis, like autism, and don't even look at them as a whole person. That is wrong, harmful and dangerous!
- 1017.** My son has type 2 diabetes and is overweight
- 1018.** Health & well-being is one basic needs of every individuals.
- 1019.** It is important to provide education
- 1020.** Every citizen of this country needs an excellent health and wellbeing whether you have or w/out disability
- 1021.** Is important to stay healthy to be healthy
- 1022.** More passes to Art Shows in Balboa Park
- 1023.** It is important to have health
- 1024.** Taking care of your body
- 1025.** We all want and need to be healthy and happy 😊
- 1026.** So that while taking care of yourself or family members they are getting all the services deserved and needed
- 1027.** Health lies above all
- 1028.** Education for childing w/ special needs to learn about their bodies would be huge
- 1029.** Health important at young age especially
- 1030.** I need to have help
- 1031.** Health and well-being is important because you need to being healthy if you're going to your job or any event
- 1032.** Disabilities mean a life-long need for coping which means there's a need for planning
- 1033.** See the doctor when needed
- 1034.** Well-being is my concern. DEAF adults are already isolated by language, and at a loss in gatherings with hearing people.
- 1035.** Allows for autonomy and agency if clients are prepared to care for themselves.
- 1036.** Because health is everything.
- 1037.** Many clinicians do not work well with our kids/adults or won't take Medi-Cal
- 1038.** Health often can be an unblinking or co morbid problem. Poor health distracts from focusing on the disability

- 1039.** Can't do much if ones Health and well-being is out of sync.
- 1040.** Health is for employment!
- 1041.** Because my health is important to me
- 1042.** Because I want to be strong for my family
- 1043.** Health services in our rural area need to increase and incentives for doctors to stay.
- 1044.** Because health can refer to physical and mental, I believe it is important that both aspects are taken care of.
- 1045.** Children with autism often have anxiety and schools contribute to these fears. it would be ideal to have RC help with more group programs for therapy
- 1046.** It's important to stay healthy and get well.
- 1047.** It's very important we keep our kids healthy and happy
- 1048.** I need to be in good health to be able to live the life I want
- 1049.** It is important for maintain well-being activity
- 1050.** Support on person center thinking practices
- 1051.** Good health means longer life. Poor health limits your ability.
- 1052.** Healthy families are a must. If the child caregiver is not healthy, they can't care give children that are healthy.
- 1053.** In order to live a comfortable life, good health is critical.
- 1054.** Ultimately health and well-being is our goal for those we serve.
- 1055.** We need to be healthy to work
- 1056.** Health & Well being
- 1057.** We need better mental health services I think new services are coming soon
- 1058.** Good health makes a world of difference.
- 1059.** Because, I want People to have a good healthy life
- 1060.** Would like to learn to be more independent + live on her own.
Want to be safe + comfortable where she is
- 1061.** Want to feel good & be well
- 1062.** Often, they can't take care of themselves, or are unaware they need help.
So someone monitoring them would be great
- 1063.** It's important to be healthy and to meet other people

- 1064.** Health and well-being is the 3rd most important to me because your health is important, you can't work or go to school if you are not healthy or you are sick
- 1065.** Most important part to maintaining yourself
- 1066.** Health & well-being: lack of service provider, specially dentist.
- 1067.** Being healthy.
- 1068.** The cost is so expensive
- 1069.** We need this just in case of being sick
- 1070.** My health is important
- 1071.** FUNDAMENTAL TO A GOOD LIFE
- 1072.** Maintain a healthy diet
- 1073.** Like going to the doctor
- 1074.** Because I think there are not enough programs for therapy, etc.
- 1075.** An individual cannot enjoy anything as much when they are unwell as when they are functioning optimally.
- 1076.** Health is key to be being able to pro-active
- 1077.** It's important for programs to allow clients keep their Medicare. And what other programs can help them once they age out.
- 1078.** If healthy (as much as they possibly can be) they will and can participate, and they'll feel good about themselves
- 1079.** There is an increase in co-occurring disorders and we only specialize in developmental disabilities. We need to bridge and braid funding in order to best serve our clients. Mental health services need to work together with regional centers to avoid having our clients fall through the cracks.
- 1080.** Need good quality health care. we have to travel to Sac and San Francisco for specialty care.
- 1081.** Healthy living is important to be able to survive. Access to healthy things and medical care.
- 1082.** I think this increases quality of life
- 1083.** Knowledge is power and freedom
- 1084.** Overall health is important to everyone progressing mentally and physically.
- 1085.** More information on sex for people with disabilities.
- 1086.** Find good health care for the DD population is difficult.

- 1087.** She won't go to the doctor's office, I have to have the doctor see her in the car.
- 1088.** If healthy I can help others
- 1089.** Making sure my daughter is healthy and happy is critical.
- 1090.** So you can live longer
- 1091.** Health issue is important for everybody. If they are healthy and on good diet, they have better quality of life and accelerate all of other programs.
- 1092.** Because we've had a lot of health issues and have a problem getting the help needed.
- 1093.** It's important to stay healthy
- 1094.** Need more doctors
- 1095.** In rural areas it is hard to find specialists
- 1096.** People are not taking care of their oral health nor their bodies leading to premature death
- 1097.** People with disabilities have little health care and do not take good care of themselves.
- 1098.** I need to see doctors.
- 1099.** Life is maintained
- 1100.** A happy child is a healthy child
- 1101.** I love to walk and exercise i enjoy going to Anderson river park and walking the trail.
- 1102.** More affordable health care for families
- 1103.** Everyone has the right to good health
- 1104.** Stay healthy
- 1105.** Help with grandma
- 1106.** To be healthy
- 1107.** Exercise is my workout. people need to healthy
- 1108.** We need access to mental health services
- 1109.** People need to be safe. you cannot enjoy community if you cannot access it without fear
- 1110.** Need healthcare
- 1111.** Health care is so needed, and we need more doctors
- 1112.** Having your health is everything, we need access to quality care and specialists

- 1113.** I want to exercise more
- 1114.** Recreating is important to health
- 1115.** Everyone's health and well-being should be considered a priority
- 1116.** Having doctors that accept Medi-Cal
- 1117.** People with IDD are often discriminated against by the healthcare system and are unable to access necessary medical treatment.
- 1118.** Health is important
- 1119.** How to take care of myself
- 1120.** It is important to have good health
- 1121.** I always concern on my physical health.
- 1122.** Work out and stay healthy
- 1123.** Obviously, health is important
- 1124.** Support organization who offer mental services
- 1125.** Provided to our population mental services n"
- 1126.** There is a sortable of health providers in our area
- 1127.** Health is mandatory for a comfortable life
- 1128.** Health and well-being are important to leading to an active, good life
- 1129.** Because it's a crisis
- 1130.** Without health you really can't do much.
- 1131.** Access to healthcare professional is assured
- 1132.** More health and well-being
- 1133.** Her health is number 1 but right now she has health insurance
- 1134.** We lack doctors
- 1135.** We do not have medical specialists in the area
- 1136.** If I do not have my health after employment, I have nothing
- 1137.** Being healthy is important and we have a shortage of specialists in the north coast
- 1138.** Access to services and knowledge of them.
- 1139.** I need to be healthy and need different medical services. I also need help to pay for those. IRC says I have to pay out of pocket for things Medi-Cal medicate doesn't pay for.
- 1140.** Worried about health insurance since having a disability means needing specialized health services

- 1141.** To stay active
- 1142.** Quality of care is questionable for my child.
- 1143.** Important for quality of life to have a good environment, healthy food and access to caring health care providers
- 1144.** It's hard to study when you are sick
- 1145.** We need to figure out a way that Residential vendors can assist with insurance issues.
- 1146.** It is important to have your health
- 1147.** I would like to ensure our DD community receives adequate and fair health care.
- 1148.** Health necessary to take advantage of all other categories.
- 1149.** If you don't have good health, you are extremely limited
- 1150.** Without quality care there will not be proper health and well-being.
- 1151.** Many individuals with DD/ID have a higher rate of developing chronic health conditions due to sedentary lifestyles. Resources that would allow providers to support these individuals in establishing and participating consistently in healthy lifestyles would greatly impact these statistics.
- 1152.** All consumers should be in a healthy state to enjoy quality of life
- 1153.** Access to health care is important for families, especially those with young children
- 1154.** Unless total independent others will need someone, who can help communicate medical and mental health needs.
- 1155.** Because a child health is important as anything.
- 1156.** If you can't work, you can't get health insurance
- 1157.** Health services (dental especially) accepting Medicare/Medi-Cal are not sufficient or out of county.
- 1158.** Healthier people do better than unhealthy people, and the cumulative effect of health is substantial for the life span of the individual.
- 1159.** Having a good health is very important to the overall well being
- 1160.** Not all health areas are covered for this population. Out of pocket expenses or lack of quality services for necessary specialist
- 1161.** Everything good is tied to health, without good health life is not pleasant
- 1162.** Behavioral services are hard to come by
- 1163.** I want my child to be mentally and physically healthy

- 1164.** Because good health is needed for parents who care for a loved one with a disability.
- 1165.** It affects all other choices
- 1166.** Because I need to take care of my emotional health and also that my children learn to take care of their mental health
- 1167.** Because people have to be healthy and have good well-being to have a good quality of life.
- 1168.** Always relevant
- 1169.** People who are poor tend to ignore their health and then little issues become big issues.
- 1170.** Because I need to stay healthy for my kids
- 1171.** Keeping healthy and quality of life (move)
- 1172.** Without health and well-being - what else can there be?
- 1173.** Medical is important for people because they need help with
- 1174.** I feel I need more support for health questions without needing to visit the doctor frequently
- 1175.** We are among the most at risk for assault, exploitation, and medical neglect/malpractice.
- 1176.** I see this as part of the mental health issues we are seeing more of
- 1177.** Because we want to live longer happier lives
- 1178.** Because we want to live longer lives
- 1179.** Because we want to live longer, and feel good
- 1180.** We want to live a long healthy life
- 1181.** Help with healthy living
- 1182.** Medical, mental health and dental services can be difficult to get
- 1183.** Important.
- 1184.** This is vital to people living long and healthy lives. Maintaining health insurance should be a priority.
- 1185.** Health impacts all parts of a person's life both physical and mental.
- 1186.** To be a happier person I need to take care of myself both physically (exercise) and emotionally (belonging to a church).
- 1187.** I worry about my son's health (physical and medical) a lot. Feel both these needs unmet and system of private & public insurance don't work for him.

- 1188.** Like a plant that grows towards the sunlight, our environment affects how we grow. While acknowledging my son was on the autism spectrum, the school district pushed our son through school, the side-effect of bullying, rejection and gaps in access to appropriate academic environment exacerbated his echolalic self-talking. Choices to address anxiety and related issues is ABA or Talk Therapy. However, the system is set up towards these therapies which do not work for him because he falls short in the nuances of communication and language comprehension not in following rules. Our son struggles with pragmatic language which makes talk therapy difficult according to the therapist we worked with.
- 1189.** It's important to be healthy
- 1190.** Learning disabilities and services are not covered under medical care, also most schools won't address them early or adequately
- 1191.** Health insurance
- 1192.** Many LGBTQ youth with DD/Mental Health issues need supportive services such as Health & Well-Being...otherwise they are on the streets, negotiating behaviors that be detrimental to them
- 1193.** Need a doctor but not too many doctors in Redding
- 1194.** My health is important, and we need more doctors
- 1195.** Autistic people need access to affordable treatment.
- 1196.** Health is foremost for having a healthy foundation for mental health, physical health, and able to be the best person they can be in the community.
- 1197.** Health should be a priority for everyone. dental, health with disabilities should be looked up.
- 1198.** Most Medicare and medical do not get adequate health support, information or nutrition support.
- 1199.** In order to build up communicate you have to be healthy.
- 1200.** For a number of reasons, I would rate Health and Well Being in the top three not the least of which is that everything else becomes harder if a person's health is poor. I also believe that employment can support good health with a sense of purpose and meaning, not to mention increased exercise.
- 1201.** Isn't this what we ALL want??
- 1202.** Need for specialist in area of disability
- 1203.** Without health insurance we may not be able to get the health care we need.

- 1204.** Continuity of health services
- 1205.** It's important to me
- 1206.** I have health issues and want to be better
- 1207.** I am healthy and would like to stay that way.
- 1208.** Necessary for optimal outcomings
- 1209.** I like to go to gym to stay fit
- 1210.** I go to gym and try to be healthy
- 1211.** I want to stay healthy and go to gym
- 1212.** Because health is so important to be able to be successful in anything in life.
- 1213.** It's something that I consider myself an expert in this area and I like to help others out.
- 1214.** We need to focus on our health, and with aging and disabled
- 1215.** As my adult child ages, she will be needing more health services and support
- 1216.** Overall wellness is hard to advocate for.
- 1217.** My Health and my family's health are very much important to me.
- 1218.** Hygiene classes, the importance of seeing a Doctor or Dentist
- 1219.** Again, early training about health and well-being.
- 1220.** Healthcare resources are difficult to find for individuals with disabilities
- 1221.** I think physical and mental health are the most important "bricks" of the foundation for optimal quality of life. If these are not optimal, all the other topics cannot be successful.
- 1222.** To stay healthy.
- 1223.** Health and wellness in all aspects of life. Healthy body, healthy mind.
- 1224.** Lack of understanding in current SLS service
- 1225.** I feel inclusion training is more important
- 1226.** Our health and well-being defines us. we all deserve access to great health services.
- 1227.** BEING ABLE TO SECURE GOOD HEALTHCARE, MEANS THAT THE QUALITY OF OUR LIVES IS BETTER.
- 1228.** The health and well-being of my family is dictated by the first 2.
- 1229.** Obvious should be a #1

- 1230.** The expense of health care and therapy is a huge expense for our family. Many quality providers simply don't take it or only provide a receipt and require you to pay out of pocket first. It is hard to find quality services, but they are worth their weight in gold.
- 1231.** The list of health issues for these types of clients are so long and no one seems to care, then they end up being in a wheelchair because of these issues, we need to educate them daily on diet and exercise as well.
- 1232.** Health and wellbeing is part of quality of life and this can improve with adequate support
- 1233.** This helps keep our clients healthy and out of the hospital. It should also encourage positive mental support.
- 1234.** Because this population has high needs for behavioral, medical and mental health supports and there just aren't enough funded vendors out there.
- 1235.** I think this area is often overlooked as a priority and I think mental health and well-being has to be an area of discussion. In particular emotional well-being as I have heard from many self-advocates that they struggle with depression and are not quite sure what to do or who to go t about it.
- 1236.** Because it is important
- 1237.** IDD adults need access to quality health care and QUALIFIED MENTAL HEALTH PROVIDERS this is essential!
- 1238.** We need mental health services,
- 1239.** People are in danger of abuse due to poor screening of service providers.
- 1240.** Its needed for everyone to survive the pressure
- 1241.** I have mental health counseling sessions once a week with my therapist and having mental health counseling services for me is and has been very helpful for me.
- 1242.** Fitness and diet-weight loss overall health
- 1243.** We have a broken health system that mistreats the general public and more so individuals with developmental disabilities.
- 1244.** We need more access to appropriate foods and services - more options
- 1245.** In association to #2
- 1246.** It is essential for a good quality of life.
- 1247.** Access to healthcare is critical.
- 1248.** I want to be healthy to help your body be better.
- 1249.** It would be better if you were healthier.

- 1250.** Walking and healthy
- 1251.** I eat healthy
- 1252.** Everyone needs health services from infancy to older and a reliable one.
- 1253.** Individual with disabilities should have easy access to appropriate healthcare and health awareness.
- 1254.** I want my daughter to be healthy. She tends to overeat and needs support choosing healthy food.
- 1255.** Health means a lot to me
- 1256.** Access to health is important and most individuals struggle to have adequate services.
- 1257.** Being healthy is important
- 1258.** It's important to be health physically and mentally
- 1259.** Entrance into acute care is difficult
- 1260.** I am working on to better my health
- 1261.** Client physical and mental health is crucial to success in life
- 1262.** It's not always easy to see a doctor or a specialist here
- 1263.** Everyone's lives improve with improved healthy well-being.
- 1264.** Equal rights to care.
- 1265.** Health and exercise are critical.
- 1266.** Because I know an active and healthy lifestyle is needed for all.
- 1267.** Obvious reasons!
- 1268.** It goes along with social growth, without friends, health suffers.
- 1269.** Again, quality health care and adequate pay.
- 1270.** Health and well-being is important for the family.
- 1271.** Health is very important.
- 1272.** Hard to find good doctors
- 1273.** There is a need for home health to be available for our nice discharges, especially the more complex cases.
- 1274.** I feel people are empowered when they are able to make choices in their own healthcare.
- 1275.** There are not many options for adults to get support in developing communication, appropriate behaviors, and participating in their communities.

- 1276.** These pieces seem to stop after folks exit school, but we don't stop developing at 22 years old.
- 1277.** The health and well-being of people with ASD are dependent upon current understanding of the condition because it forms the foundation of their health and well-being.
- 1278.** I need to eat healthy food, like salad and lemons and avocados and other veggies.
- 1279.** If I tell somebody to take me to the doctor sometimes, they don't take me.
- 1280.** Worried about radical changes in the health care system and people with disabilities getting left out...
- 1281.** Medi-Cal is not cooperative.
- 1282.** Dental care. People do not have it. Then their teeth are removed.
- 1283.** Good health and positive supportive environment increases the chance that the disable person will be able to take fuller advantage of other support services
- 1284.** MediCal
- 1285.** An integrative functional medication, approach which includes building within communities.
- 1286.** To help him with overall well being
- 1287.** This is a human right for all of us. Individuals with disabilities cannot be the strongest voice in the room. Special interest groups get more attention than this population.
- 1288.** The services that many of families with special needs children are offered are subpar. For example, Medi-Cal's dental plan is extremely poor, and they only offer dental offices that are far less professional and experienced than top-rated dental offices. The experiences between a typical thriving dental office and a dental office offered by Medi-Cal is extremely different. Everything from the front office, to the organization, the staff members, the quality of customer service and care, as well as the actual procedures such as basic cleaning and more complex dental procedures are not up to the standards of care as a thriving dental office and they only remain in business due to the Medi-Cal/Denti-Cal program. Also, many children with special needs have numerous other health issues and need access to more and better health care, they need more options for health, dental, vision care etc. Also, Medi-Cal does not provide enough support for eyeglasses, such as they only provide a low dollar amount every 2 years and parents cannot even use this low dollar amount towards glasses with basic add-ons such as prescription sunglasses.

- 1289.** A healthy child is a happy child and a successful individual
- 1290.** Just focus on happiness and well-being.
- 1291.** Health is everything, we have to travel long distances for care
- 1292.** People are lonely, and then they get sick
- 1293.** There is a shortage of specialists here
- 1294.** I see the need for it
- 1295.** Health access is very hard to get, people need to travel long distances to obtain care.
- 1296.** Importance of health and seeking regular medical and dental support.
- 1297.** I feel if clients were introduced to self-help materials, they would benefit maybe have client reps give monthly printed info
- 1298.** Unaddressed health issues are barriers to supports
- 1299.** People need to be healthy and have access to good medical care.
- 1300.** First of all, because I see the sector operating from a scarcity rather than an abundance mindset that asks 'what's the least we can do / spend so that this person is at least relatively safe or at least doesn't present us with problematic demands or crisis?' This is a mindset across our social safety net programs for poor and vulnerable people and communities, as the very phrase 'safety net' reflects. I heard one regional center leader say 'our people are poor' as if that was a natural fact rather than our choice as a nation...and a discriminatory choice at that. And I see people with disabilities who receive some services but who are clearly not experiencing well-being and have no access to health and wellness promoting activities. Health and well-being require quality affordable housing, meaningful opportunities for social and recreational activities, employment or at least opportunities for purpose and contribution, etc. There are opportunities for this sector to be far more strategic leveraging both the ongoing health care system shift to holistic, preventative approaches to well-being and to social determinants of health, and to be far more creative tapping into the huge California health and wellbeing industry.
- 1301.** Our clients deserve the same happiness and health we all do.
- 1302.** In order to live our best lives, we all need to be as healthy as we can be.
- 1303.** Treatments both mentally and functional
- 1304.** There is not enough easy access to healthcare and well-being skill training
- 1305.** Basic human needs

- 1306.** Without this, there is little to no quality of life. Even if health is not good, well-being is super important. That cannot happen without the right supports, including community.
- 1307.** It is important to be healthy and have access to health care
- 1308.** Maintaining health is important
- 1309.** Pregnancy Care
- 1310.** I see a lot of health issues within my population
- 1311.** Being healthy let a person do more and feel good about what is going on in his/her life.
- 1312.** Basic need
- 1313.** Health & Well-being is important in all aspects of everyone's lives
- 1314.** Health is the one thing everyone needs to have a happy and joyful life.
- 1315.** Good health and wellness allow a person to enjoy their life
- 1316.** This area can benefit consumers to have a balanced life
- 1317.** Addressing needs of the whole person is crucial to a productive and meaningful life.
- 1318.** All clients need to be happy in life
- 1319.** Mental and physical good health are so important to being able to live independently with a positive attitude
- 1320.** A greater emphasis needs to be placed on opportunities for physical fitness and nutrition with our population,
- 1321.** I feel like their health is important and they need more resources to help them maintain a healthy life style and the right training as well not just classes they should be able to make appointments if they feel it is needed not wait on care providers to do so.
- 1322.** Health is very important to continue in life
- 1323.** The emotional and mental well-being of the parent and child are equally important. If the parent doesn't get the support that they need, the child won't either. We have to ensure that everyone is being poured into with love, support and resources.
- 1324.** Mental health
- 1325.** I'd like this to be #1 but I'd like to see the resources in place so our health and well-being may follow.
- 1326.** Health is important
- 1327.** Because I am getting older.

- 1328.** Being healthy and happy helps everything else move along!
- 1329.** Know how to communicate with professionals to understand the type of Evaluations and service my child needs
- 1330.** Lose weight
- 1331.** It is important to eat healthy and drink 8 glasses of water that are 8 ounces every day. Exercising 2 times a day or more is good too.
- 1332.** Many special needs adults neglect giving attention to healthful dietary and exercise practices
- 1333.** Long lifetime.
- 1334.** Safety awareness and advocacy and getting out on my own.
- 1335.** Proper health and health awareness is important for an overall positive outcome.
- 1336.** People with disabilities who are aging and/or have aging caregivers
- 1337.** Needs quality healthcare
- 1338.** Poor recognition by pediatrician for a child's overweight and always overlooked, poor diet/nutrition by family not recognized by doctors, and statement given "don't worry he'll grow out of it."
- 1339.** Because they are critical to quality of life and neurodevelopment
- 1340.** Want to be safe in your home. you want to be able to do stuff.
- 1341.** I like to live a healthy life.
- 1342.** Transportation
- 1343.** Keep me healthy. Lose weight.
- 1344.** I want to be more healthy.
- 1345.** Health is a basic need. Health is really critical to do whatever you must do.
- 1346.** Healthy way of life reduces later difficulties
- 1347.** I put health and wellness third because if you are not moving, then you are not growing, and if when not doing either of those, then you are not healthy, and self-care in the form of advocacy.
- 1348.** I put health and wellness third because if you are not moving, then you are not growing, and if when not doing either of those, then you are not healthy, and self-care is the form of advocacy.
- 1349.** Health and happiness is important
- 1350.** Exercise is very important to be healthier.
- 1351.** Your physical and mental health our very important

- 1352.** Health and living are important. Make sure people are taken care of. Homes, food, clothing.
- 1353.** Because this is what we are all trying to achieve.
- 1354.** Health keeps you alive.
- 1355.** Health is important, especially in the long run.
- 1356.** It is important to have good health along with health care to provide services.
- 1357.** Just that it's important to stay healthy and maintain my med-i-cal.
- 1358.** We do not do well on a daily basis.
- 1359.** It's obvious, not healthy not happy.
- 1360.** If someone isn't healthy or well, s/he can't focus on the task at hand
- 1361.** Medical professionals that understand diverse needs.
- 1362.** Self-check to be healthy
- 1363.** Teaching parents good diet for children who are picky eaters. Gut is connected to the brain
- 1364.** Health, particularly mental health is important for living a productive life. We need to address trauma in all health care/well-being services.
- 1365.** Access to affordable health insurance is significantly important towards the overall well-being of clients
- 1366.** Health and well-being support mind and body
- 1367.** because she needs to learn how to take care of her health/well being
- 1368.** Learn how nutrition can make a difference
- 1369.** More outlets for education on our child's disability.
- 1370.** Every child deserves to be healthy and learn ways to self-monitor their well-being, as well as parents knowing what that means for their children
- 1371.** Physical, social and emotional health are the basic needs for all families. It is critical for us to address these areas and provide access to support for our families.
- 1372.** Have to have good health
- 1373.** More health services quality doctors more dentist and eye care. Psychiatrist are hard to come by also more funding available for additive devices
- 1374.** Food, vitamin, and other health problem may attribute to disabilities.
- 1375.** Health & Well Being of the individual is really a family affair. All must be in a good place to go forward as a family, be it one parent or a huge family. It

goes beyond on the individual with the disability. Their health & well-being is dependent on the family core.

- 1376.** There needs to be access to doctors and especially dentist who are willing to work with the IDD community. Currently there is a huge shortage. And of the doctors who are available, many do not know anything about the various government agency forms or how to fill them out.
- 1377.** Physical exercise (appropriate) is needed for many in this population
- 1378.** The doctors support services are available
- 1379.** STAYWELL IS VERY IMPORTANT ISSUE
- 1380.** Because it's really important to go to the DR and dentist.
- 1381.** Health is a concern for all and behind early intervention and education, if there are any holes in how people with special needs access healthcare and even healthy lifestyle practices, then they can be addressed.
- 1382.** People need to be better served.

Spanish Responses (Translation)

- 1383.** Firstly, because I think that health is the most important because if you are not well, you will not be able to continue to do what you need.
- 1384.** For me it is the most important thing so that you can carry out the rest of the list
- 1385.** Without good health and well-being, you cannot improve more in other aspects.
- 1386.** I am concerned about your well-being and your health so that you are well.
- 1387.** Because health and well-being for my disabled child is the most important thing.
- 1388.** Because it is important to be healthy.
- 1389.** Because my daughter. She's an adult and this is where I lack information
- 1390.** Maintain a good weight
- 1391.** I think that in order to have access to all this, the person must first be healthy and feel good
- 1392.** Because my son is in full development and I don't know how to explain him about sexuality
- 1393.** If you are not healthy, you can have a good quality of life

- 1394.** I think that if you started in this area, people with disabilities would benefit more and the information given at diagnosis would be better.
- 1395.** And housing
- 1396.** Because I am very concerned that he will not have another seizure and that he is physically fine.
- 1397.** When there is health and well-being you can get ahead
- 1398.** Because health is the most important to keep going and
- 1399.** Because for me the priority is the health and well-being of my child
- 1400.** If there is no health, there is no well-being
- 1401.** For me it is the best because all the time wants the best for the family
- 1402.** Health is very important before any activity
- 1403.** Because health should be important for the child and the well-being of the whole family
- 1404.** Because you have problems with food (true flutes) textures in food
- 1405.** I need to be in good health to care for my child
- 1406.** It is the basic minimum for my daughter
- 1407.** Because I am a mother of an autistic nine-year-old and it is very difficult at the moment to understand
- 1408.** Because your work is so important
- 1409.** Why do I consider it
- 1410.** To feel well and have health.
- 1411.** My children take medicine
- 1412.** Because my child has to be healthy and have well-being in order to have access to all other areas.
- 1413.** To be more
- 1414.** Health is very important and caring and knowing how to do it with our being. You will be and feel good.
- 1415.** Because without health everything is more difficult
- 1416.** Because I believe that health is not important because of what is on the page
- 1417.** Because yes health. you can't do nothing
- 1418.** Health is very important
- 1419.** Because sometimes there are no health information resources of health to obtain better wellbeing and keep going

- 1420.** Because for me it is essential
- 1421.** Because you go to school not unharmed at the time
- 1422.** Take care of the children so they do not eat and eat
- 1423.** Because health is the most important thing and it is fine everything is fine
- 1424.** Workshops on the importance of meeting my child's needs (behavioral, health, psychological, etc.)
- 1425.** Try to have a healthy life
- 1426.** Health is the most important part of teaching
- 1427.** They are all very important
- 1428.** Because the south is the most important.
- 1429.** Because if my fig doesn't have Health, it can't do the rest.
- 1430.** Because health for me is very important.
- 1431.** Because it is the most important thing for me that my son be healthy and well.
- 1432.** Quality Guarantee.
- 1433.** It is necessary to keep my son healthy
- 1434.** How are my children treated in schools?
- 1435.** A healthy person gives better results
- 1436.** Because health is very important in our children's lives
- 1437.** To find out about recreational programs.
- 1438.** Very important health support in the area
- 1439.** Much of our Hispanic community we do not know much about nutrition that is good or healthier compared to our customs
- 1440.** Because if the person does not have health and well-being, they will not be able to continue growing or learning
- 1441.** So that we have more support with therapies, and medical teams
- 1442.** Children have to be healthy to have a comprehensive advance. Doctors, nurses, and therapists must be trained to treat children with disabilities
- 1443.** Health is more important to me because mine gets very sick
- 1444.** No co-payment for parents with children with disabilities
- 1445.** Health and well-being is important for our families with disabilities
- 1446.** Because I am interested in my child's health

- 1447.** It is always important to be healthy to be well and to know how to help yourself
- 1448.** It is first at all times in your life
- 1449.** Because it allows the child to develop well and healthy and that the parents have nowhere to go.
- 1450.** To be a little functional and improve your quality or capacity you have to take care of your health early, correct it, in time
- 1451.** Because I am interested that my son is in good health so that he can be willing to offer and live better
- 1452.** Health often interferes with how the person can be carried out, so identifying that health is not an impediment
- 1453.** Because many people need more training on how to eat healthy.
- 1454.** For your health, physical integrity
- 1455.** Because medical and insurance are two things that are a little difficult to understand
- 1456.** Because my son needs sociological help.
- 1457.** It is important that people with disabilities have access to doctors / doctors to improve their disabilities
- 1458.** It is important to have more health information to be well.
- 1459.** For me it is a central factor.
- 1460.** Needs to be healthy.
- 1461.** Because you need to be healthy and distracted to have coexistence among the community family.
- 1462.** When people have health, they can have the ability to be independent
- 1463.** Health is the basis for a quality life.
- 1464.** Because it goes together with the first two and without health, nothing can be done, and well-being opens doors for the rest.
- 1465.** I need more information for my children about health in order to cater to my children who are overweight.
- 1466.** Because if we are, we can help our children more
- 1467.** Health is very important in the community, since this way we can function better.
- 1468.** Because people have to be aware of mental and fiscal health
- 1469.** It is important that I have good health and well-being

- 1470.** Because it is important that they have health.
- 1471.** Without health there is nothing
- 1472.** Because having health is being well and being able to maintain employment Having a healthy life
- 1473.** it would be health and well-being.
- 1474.** Because people have to be aware of mental and physical health
- 1475.** Because your health is very important
- 1476.** Being well, everything is possible
- 1477.** As we look for support health and wellness suitable for our children.
- 1478.** Why health is important without health nothing can be done
- 1479.** Health comes first before anything. If there is health, there is well-being because everything else is material things that can be obtained if you have health.
- 1480.** It is important for me to be healthy and have well-being in the family
- 1481.** It is essential for any person independent of a disability.
- 1482.** Why without the help of Apollo from someone who understands the health of the child
- 1483.** Because the health of our children comes first, and they have the right to enjoy good health and many families do not know what to do when a doctor is not providing good medical care to our children.

Japanese Responses (Translation)

- 1484.** Need knowledge of illness
- 1485.** Persons with disabilities are sick or less resistant to health than healthy people. It is important to secure necessary medical expenses and living expenses for a fulfilling life.
- 1486.** I want information about medicines and doctors because I have a disability
- 1487.** My adult child has congenital heart defect and always health issue is one of top priority

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HEALTH & WELL-BEING

Question 2: What types of activities would you like SCDD to focus on?

1. Transitions
2. Employment and job for persons with disabilities
3. Safety for individuals with disabilities
4. Seminars on how to take care of yourself.
5. Flu shot events, making sure healthcare is provided.
6. health care system to offer help with behavior services getting insurance to accept basic behavior services
7. making health care more easily available for someone with disabilities and their family caregiver
8. more sensitivity and safety
9. Dementia services
10. Town Hall Meeting
11. Helping consumers overcome barriers to obtaining health services
12. more education to providers day programs, more focus on prevention
13. Community support generic services and how to access them.
14. true access, communication/contacts for MediCal
15. Drive more initiatives that provide both incentives and resources for employers to welcome persons with disabilities
16. education on ID/DDs for healthcare workers, exercise programs for people with I/DDs
17. promoting success for situations and stories holding school, DOR, RC feet to the fire
18. intellect decision disability
19. Getting the word out more about project R
20. The availability of quality healthcare services.
21. Work with medical groups and hospitals who do not have open enrollment for Medi-Cal/Partnership health insurance.
22. healthcare for undocumented clients
23. Wellness practices, emotional management.
24. more services for dental and other medical
25. health and well being

- 26.** longer periods of time with guests/speakers
- 27.** have activity where participants list any difficulties
- 28.** Access to social activities and recreation ADA compliance
- 29.** Inclusion activities
- 30.** provide services to help and education they need fair activities and options for all
- 31.** Education of GPs and ER doctors re: spectrum disorders
- 32.** To improve the quality of life.
- 33.** free medical intervention and screening
- 34.** Where to go, helpful seminars from medical providers
- 35.** update trainings for nurses and direct support provider
- 36.** training and conferences regarding health improvement
- 37.** training and health conferences
- 38.** Emergency preparedness
- 39.** More autism workshops for parents
- 40.** Annual health screen
- 41.** Quality assurance
- 42.** Make sure that they all have what they need when it comes to all the support when it comes to their medicine and all the equipment that they need in order to prolong their lives
- 43.** Social activities
- 44.** provide activities and programs that engage them and to keep them motivated
- 45.** Make sure that they all have what they need when it comes to the support when it comes to help medicine
- 46.** Education, access to facilities
- 47.** Access & affordability
- 48.** Educational Opportunities
- 49.** How to access support. How services connect for individuals & families
- 50.** Faster authorization of services/therapies
- 51.** Exercise, healthy food, hiking, etc.
- 52.** Specialized exercise facilities for easier access.
- 53.** More funding for dental & wellness services

- 54.** Create opportunities with a focus on health & well-being. Important to focus on aging.
- 55.** Health and well-being
- 56.** I will focus on living individual and focus on each task that you need to be involved in and finished
- 57.** Fundraisers, and programs to help individuals get check-ups, etc.
- 58.** to get a job and live on my one
- 59.** Keep the state programs for nursing care for medically fragile infants & children
- 60.** Resources such as my office "Law offices of Sheela Stark" that provide information and assistance in the areas of conservatorship, special needs, trusts, IEPs, 504's Social security and IHSS * We provide the seminars and _ for FREE
- 61.** Better access to resources
- 62.** Resources for customizing services
- 63.** Access to regular health care, basic needs
- 64.** Workshops, blogs - information
- 65.** What services will be available for older consumers if they are no longer able to live in family home
- 66.** The rights and help I am able to get for my son. If I am able to request more help for him.
- 67.** Workshops
- 68.** eat good foods and exercise.
- 69.** Social emotional classes
- 70.** Adult support services with reasonable wages.
- 71.** How to live you best life
- 72.** Healthy food classes
- 73.** basic life skills cooking and grocery shopping
- 74.** Elderly care, health care, active shooter training, mental health.
- 75.** Self-awareness of well-being.
- 76.** Preventative information.
- 77.** Everyone having more access to health facilities and medications.
- 78.** Education is mental health
- 79.** Resources that are available.

- 80.** Education & employment
- 81.** Don't know
- 82.** Better transportation. Most of these people need an aid.
- 83.** Dances
- 84.** Overall supports to meet physical and emotional needs, build positive attitudes and outlook.
- 85.** Recreational activities that ensure physical as well as mental health for all participants.
- 86.** More activities that allows people to come together, share their ideas and learn from each other, like events about technology.
- 87.** Bowling.
- 88.** To open different schools for disabled people.
- 89.** Sports
- 90.** Finding fun volunteer sites.
- 91.** Funds for necessary services.
- 92.** Cleaning tables and chairs.
- 93.** Make programs that teach others how to live a healthy lifestyle.
- 94.** More events to bring people with disabilities together.
- 95.** To eat healthy food for all 3 squares
- 96.** Online surveys, email updates with resources and tools. Proactive modules
- 97.** get out and socialize.
- 98.** Health intervention.
- 99.** If possible and if they are able to do so on exercise activities would be beneficial.
- 100.** Low cost healthcare or free.
- 101.** Community events.
- 102.** Health fair
- 103.** Mental health services
- 104.** well being fairs - Health insurance available
- 105.** Health fairs
- 106.** More training to providers. Provide list of training providers to families and RC's.
- 107.** Physical fitness, proper nutrition, etc.

- 108.** Housing & jobs
- 109.** Making sure client has access to proper health care
- 110.** Develop a group and recreation activities
- 111.** Day programs
- 112.** Programs that promote independence.
- 113.** Education
- 114.** Medical care for the elderly
- 115.** Mental health
- 116.** More for the youth.
- 117.** Mental issues.
- 118.** Arts, dance, music, etc.
- 119.** Health care for all.
- 120.** Senior programs
- 121.** Events, cultural gatherings
- 122.** Exercise
- 123.** Preventative, support, education.
- 124.** To put health education or school for everyone.
- 125.** Free health services and early intervention programs
- 126.** Disabilities in the community
- 127.** Provide ways to teach our clients how to work on ADLS.
- 128.** To be able to go to a gym and swimming area.
- 129.** Programs that will benefit the DD community.
- 130.** Health insurance
- 131.** Continue supporting their medical
- 132.** Health insurance.
- 133.** More acceptance of unconventional likes and dislikes of people with intellectual disabilities.
- 134.** more community centers
- 135.** More financial assistance.
- 136.** More funding and access to healthcare.
- 137.** Ensure the supports are in place to monitor and provide necessary health checks/treatments. Also, advocate for the positive well-being of the disabled

population. I acknowledge this is a very broad statement, but the overall goal.

- 138.** Mental, dental and medical
- 139.** Not sure.
- 140.** Criminal Justice training
- 141.** Legislation to mandate healthcare to look into issues like PANS/PANDAS and treat.
- 142.** More research and accessible medical treatments like brain - gut in autism
- 143.** faster response time to requested medical needs.
- 144.** More Health & wellness programs
- 145.** recreational and social
- 146.** Early intervention
- 147.** Having somebody check in with clients at their homes to make sure they are okay.
- 148.** more exercise
- 149.** Education
- 150.** Possibly, ensuring the regional center case managers really are getting to know these individuals. Though some primary caregivers may be reluctant, a case manager really needs to know their clients and the resources their clients are accessing. Counseling or Therapy sessions should be regular and frequent. This population needs to know that there is a community of people concerned for their health and well-being.
- 151.** Any
- 152.** Provide services that focus on improving health & well being
- 153.** Access to comprehensive dental services in orange county
- 154.** Nutrition and occupational therapy
- 155.** Qualified mental health support.
- 156.** providing adequate resources for services
- 157.** working with insurance plans to ensure the needs of adults with IDD are met
- 158.** Educate parents, provide accessible services.
- 159.** learning
- 160.** making sure that mental is not overlooked making sure that have life is okay for them
- 161.** basketball

- 162.** talk about eating healthy and more outdoor activities to get out to the community
- 163.** Adult programs (day programs)
- 164.** More social activities
- 165.** youth sports
- 166.** More Physical Education, Activities with physical interactions
- 167.** exercise groups for people with autism like walking clubs
- 168.** Provide extra free resources or health awareness
- 169.** How to take care of your mind/body
- 170.** Prevention strategies, therapy
- 171.** Health & mental health
- 172.** Affordable health insurance to individuals and families
- 173.** any increase in services
- 174.** Early intervention and support for parents
- 175.** Making healthcare more affordable for everyone
- 176.** health care for all
- 177.** education
- 178.** Weed
- 179.** Helping others with disabilities
- 180.** I have no idea.
- 181.** The homelessness of persons with Developmental Disabilities
- 182.** Help finding medical professionals that accept my client's insurance
- 183.** Thorough, interactive communication with those affected as to health services available to their and what they feel they need. Listen and advocate for them.
- 184.** Media support of Health & Well-being educational activities in the SF Bay Area.
- 185.** Exercise center for self0advocates
- 186.** I don't know what SCDD does or how they help me.
- 187.** I always need support getting to appointments and get where I'm going. I get confused w/ paperwork. I need help w/ reading and understanding.
- 188.** I would like to have someone explain medical stuff to me.

- 189.** I always need help w/ my appointments; I will always need someone with me.
- 190.** I don't think people listen to me when I go to the doctors alone. I have my mom, but she might not always be here.
- 191.** More meetings for people w/ intellectual/developmental and their families to understand the importance of self-advocacy with doctors or health care officials
- 192.** Sports, physical activities, recreational activities.
- 193.** I would see more better services for everyone. more information on how to take better care of yourself.
- 194.** a reason not given
- 195.** Provide funds for activities
- 196.** Conferences, trainings
- 197.** Social Development and awareness events in the communities
- 198.** Places for physical activities for teenagers with autism
- 199.** to keep our children's education to reach full potential. Also have more adult programs
- 200.** Make sure he keeps his medical and social security services
- 201.** support and advocacy on healthcare and protection as kids get older
- 202.** Assistance in applying for medical benefits when necessary. Outreach at events with resource hand-outs and opportunities.
- 203.** Behavior help for kids so they can function in society
- 204.** More money for services to keep up with inflation
- 205.** Funding for direct service providers
- 206.** Somehow make it easier for them (assist them) signing up for new health services, when their age changes or policies change ie. Obamacare, etc.
- 207.** Just funding
- 208.** Activities that expand awareness both mentally and physically, perhaps more abstract/personal activities. "Draw your feelings."
- 209.** Make health a priority
- 210.** Housing
- 211.** ILS
- 212.** Fitness and well-being

- 213.** Doctors that understand what is happening for this person like neurologists who actually have some training in the peripheral nervous system.
- 214.** Taking care of yourself.
- 215.** I don't really know what you can do?
- 216.** Contract nutritionists to teach how to choose/follow a healthy diet.
- 217.** Most needed is mental health evaluation and counseling.
- 218.** work outs
- 219.** medicine and workouts
- 220.** learn more about seizures and how to help others.
- 221.** Access, training, funding.
- 222.** Fitness class
- 223.** improve dentistry services for people on Medi-Cal
- 224.** classes, videos
- 225.** offer classes on healthy eating, walking, swimming.
- 226.** Improving MediCal so that it fully meets the needs of the most medically complex individuals and is easy to use (like state-sponsored healthcare in other countries). This improved Medical should be available to all CA residents so that people do not have to spend so much time and effort figuring out how to get various sources to pay for health services. Also, this would help make it possible for people with developmental disabilities to pursue available employment without risking losing their health coverage.
- 227.** I.D.K. (I don't know)
- 228.** Increased training of medical professionals in the community related to persons with ID/DD. Increased training for first responders.
- 229.** Behavioral supports/ parent training, mental health supports.
- 230.** How to improve health and well-being for underserved populations who don't have the same resources as others
- 231.** mental health for youth
- 232.** help identify service providers, speech, etc.
- 233.** advocacy, transportation, education
- 234.** trainings for the individuals, caregivers, IL/SLS
- 235.** Counseling or peer groups to learn and discuss ways to live your best life
- 236.** Physical therapy swimming mental health

- 237.** Having counselors available for people to speak with if needed and having planned activities available to give the mind a mental break.
- 238.** Ensuring MediCal provides adequate services and supports for persons with a developmental disability
- 239.** Funding more mental health services.
- 240.** Mental Health support
- 241.** Provide the proper funding and training to support services that address health and well-being needs.
- 242.** more medical providers to address mental health and all needs
- 243.** protest, awareness of the problem
- 244.** giving us our services back that are provided for people with disabilities.
- 245.** Curriculum reflecting the need of clients
- 246.** increase funding for mental health services for regional center clients
- 247.** specialized medical care for individuals with I/DD especially those with behavioral problems who are very hard to examine
- 248.** Educational With socialization
- 249.** Healthy eating habits and exercise that is inclusive
- 250.** find ways to bring specialists to the area
- 251.** Accessibility to medicines, without jeopardizing the quality.
- 252.** SSI wages are also important because of living cost are increasing
- 253.** more outing out in the public, such as fairs
- 254.** Excellent affordable health insurance
- 255.** expand providers help with wellness programs
- 256.** educational workshop
- 257.** Provide more health care
- 258.** Research and education (classes)
- 259.** Expanded health services, easier access more training for providers.
- 260.** Physical exercise, and clean eating habits.
- 261.** More music/art, growth opportunities, easier access to speech help, more opportunities for kids to have playdates, parents to help their children engage in social interactions as this is hard for our kids.
- 262.** abuse prevention and safety

- 263.** Quality physicians and clinicians who care about those who care about those with disabilities
- 264.** Consistent access to community resources and information being provided without the need to search or ask.
- 265.** Outing and job training
- 266.** More recreational/social for Handicap children
- 267.** provide qualified service providers to meet needs
- 268.** proactive training outreach
- 269.** Make it mandatory that hospitals be trained or have disability awareness training
- 270.** There are several things that help this and would help this. Making available weekly groups that focus on working through social situations helps a great deal and the friendships formed there (so far) last a lifetime. Having programs that focus on learning a technical skill and using that to show social situations in a safe space.
- 271.** Transportation, ratings of providers, best practices handbook
- 272.** find a way to deliver services remotely
- 273.** Making sure that disabled children are well cared for and not neglected. That their basic medical needs are met and that they are not over-medicated because medication has side effects and health consequences.
- 274.** Try to find a way to bring services to rural areas
- 275.** creative ways to provide medical care.
- 276.** Survey the community to determine the need, press with state leaders that Mental Health matters to this community.
- 277.** free healthcare
- 278.** General case managers who work with all agencies. Caseload would need to be relatively low so they could accompany clients to multiple appointments with different providers.
- 279.** To help more to get project "r" word out. more education about what it means
- 280.** meetings
- 281.** Access and affordability
- 282.** The one that they can do themselves and can focus on their own.
- 283.** getting more healthcare resources to our area

- 284.** Overall Education/training for the medical field, resources, Day program services to be integrated with other seniors
- 285.** Transition and opportunities for young adults
- 286.** Mentally and chronic disease prevention and support group
- 287.** Careful checking on who is caring for them.
- 288.** More services for rural areas
- 289.** to create more services in rural areas
- 290.** Addressing mental health issues better/more thoroughly
- 291.** Training for staff of group homes and cameras in group homes monitoring the safety of residents.
- 292.** Connecting with specialists if possible
- 293.** Self-determination, ACBS, SDM and changing the message from schools and RC's re: conservatorship/community supports
- 294.** Housing and mental health
- 295.** better health service
- 296.** Exercise and healthy eating
- 297.** Physical therapy
- 298.** Improvement of quantity and quality available to support staff to enable them to fulfill community integration and behavioral challenges.
- 299.** The push to get providers to take continuing education units on working with those with developmental disabilities.
- 300.** To setup trainings in different settings in the health care system. To talk to make the educational system like colleges and graduate schools training their students to understand to be knowledgeable about DD.
- 301.** Keeping on writing letter to Medi-care programs.
- 302.** Housing as a part of a community of peers both neurotypical with day activities and challenges. Recreation that provides meaningful engagement.
- 303.** Increasing access to both physical and mental health services.
- 304.** Implementing body positive exercises/movement activities and open up healthier eating options at school that are easily available (not just to students whose parents give them more money to spend at school; equal opportunity)
- 305.** Employ doctors and hospitals around people with disabilities.
- 306.** Clinics; therapy; pre-school; day programs

- 307.** Teaching staff at hospitals and doctor's offices to understand the needs of some high anxiety autistic individuals
- 308.** improve insurance coverage
- 309.** information
- 310.** Health care
- 311.** Policy changes to shore up gaps between Medicare, Medi-Cal and other public programs would ultimately save expenses in long-term costs to our state.
- 312.** More health fairs around the area
- 313.** Continue attending medical scheduled and as needed appointments
- 314.** some social skills treatments like Peers or social groups are not covered by insurance and essentially, we can't access them for cost
- 315.** Preventative care/annual comprehensive physicals
- 316.** Early intervention.
- 317.** provide the local gym membership.
- 318.** Monitor health of clients and provide support for medical visits and lifestyle changes
- 319.** healthy foods, exercise, a safe and stimulating environment, encouragement and support, human interaction and acceptance.
- 320.** Monitor quality of life
- 321.** Outings
- 322.** Good doctors
- 323.** Eat good food
- 324.** There are a lot of services, maybe parent/adult child group support meeting in afternoon or evening.
- 325.** Single Payer - affordability and simplification of the health services delivery insurance.
- 326.** Establish protocols to research available medical advocates who are concerned enough of the disabled to accept medi/medi
- 327.** consider universal/Medicare of all type of healthcare
- 328.** we need more agencies that know how to deal with special needs people.
- 329.** not sure
- 330.** Quality choices in CalOptima Physicians.
- 331.** Seminars for both parents and food activities for teenagers

- 332.** exercise, nutrition,
- 333.** promote better education techniques on how to keep healthy and have a better well-being.
- 334.** Information training on health, nutrition, medical needs, general health.
- 335.** Psychologists that have experience helping kids on the spectrum understand their social and emotional well being
- 336.** How to find resources
- 337.** Quality care givers, safe outside activities.
- 338.** Special Olympics, sports, swimming with dolphins, horse riding, swimming
- 339.** Alternative therapies, non-pharmaceuticals, health freedom, vaccine rights
- 340.** Companion caregivers have been very helpful to assist in his stability and feeling as if he has friends No ordinary Moments agency has been a wonderful blessing!
- 341.** Quality mental services and physical health opportunities.
- 342.** well balanced meals, nutrition, physical education
- 343.** advocating for prescription drug prices
- 344.** Recruiting or engaging with community health care providers to address the specific needs and challenges of providing healthcare to this population.
- 345.** Recreation, fitness, wellness education, self-care classes, social activities and social skills instruction for adults.
- 346.** Promote quality health and dental care for people with disabilities.
- 347.** Monitor health services available
- 348.** Sports, including dance.
- 349.** assistance with applying for help
- 350.** Classes and or information for families
- 351.** I think having families and medical care providers keep up with new developments and research would be good.
- 352.** Develop and maintain a database of primary care providers for adults w/ developmental disabilities, esp. autism. Ensure that these physicians are trained specifically in the communication and sensory processing needs of adults on the autism spectrum, and that they view the collaborative participation of parents and other family caregivers in the medical decision-making for the person on the spectrum as a positive element, and not as an intrusion or complication in the doctor-patient relationship. Obviously, the providers in this database should all be willing to accept Medi-Cal in addition

to other private health care plans (incl. those offered through Covered California).

- 353.** Free clinics.
- 354.** Support Medi-care eligibility for individuals with disabilities; ensure Medi-care service delivery continues to provide good service and treatment coverage.
- 355.** mental health, trauma treatment and risk reduction
- 356.** Health education and care coordination for newly diagnosed families and people moving into California from states that lack services.
- 357.** making sure we have Excellent quality Dr's for our adults to see after they age out of CHOC
- 358.** Nutritional education to our community as well as adaptable exercise. Especially at group homes.
- 359.** Nutritional programs, weight management programs, exercise programs
- 360.** Find a way to deliver better mental health services to rural areas.
- 361.** any of the other service areas listed such as housing, recreation, social, early intervention, employment and community supports
- 362.** Better healthcare - better coverage
- 363.** Financial support to service providers to enhance health services on behalf of residents
- 364.** Advocate for more coverage for all citizens, tax credits may help doctors to donate time.
- 365.** Not just Information /access to health services but practice of health care services.
- 366.** Access and soul connections, agency (voice-individual and collective)
- 367.** Available services for children with ADHD and behaviors available for both children and families.
- 368.** Better education programs for educators and care givers to be able to see medical issues and refer.
- 369.** Movement
- 370.** Teaching families and supporting them in a healthy and good mindset environment.
- 371.** education related to general health/ well-being
- 372.** healthy diets, attending scheduled doctor's appointments.
- 373.** Senior housing

- 374.** Better dental services for complex individuals. Most medical dental professional will not treat her. We have to pay out of pocket for basic cleaning hygiene.
- 375.** Give out more toothbrushes
- 376.** More Social Outings where disabled people can experience "normal."
- 377.** Provide support to those who can't afford health care
- 378.** education.
- 379.** Availability of health care.
- 380.** Identify and train health care providers, mental health providers.
- 381.** Mental health conference and workshops
- 382.** trainings on how to deal with use of force situations.
- 383.** Help managing disability. general healthcare.
- 384.** Awareness of services people qualify for and teaching self advocacy.
- 385.** Oral health education for special needs populations to providers and caregivers. Service navigation.
- 386.** my child has autism and therapist for anxiety, nutritionist to help her eat better, fun classes for exercise yoga, dance, etc.
- 387.** To watch the nutrition, regular visits to Doctor to monitor health conditions, visits to dentist office, and other medical services.
- 388.** Education about how to take care of themselves
- 389.** Support for correct care
- 390.** Access & comprehensive health care.
- 391.** social programs, mental health intervention options
- 392.** Fitness classes for all levels.
- 393.** Increase positive qualities messaging about people with disabilities
- 394.** Better health care, more choices, more accessibility, mental health coverage, support group coverage.
- 395.** How to become more aware of your health, being physical, mental and spiritual.
- 396.** More services available to low income families.
- 397.** Prevention prep- declaration is important for all.
- 398.** Get people to exercise and live wholesome lives!
- 399.** better system to pay for adult caregivers - very difficult now

- 400.** Resources, community.
- 401.** Find solutions
- 402.** exercise program at gyms that can accommodate/customize each individuals plans. also maybe offer nutritional classes to those interested.
- 403.** Spread the word on what's available.
- 404.** Autism and other.
- 405.** Advocacy, housing, employment opportunities and related education and training opportunities.
- 406.** community events inviting different sectors of health and wellness
- 407.** Assistance is helping people navigate the healthcare system
- 408.** Activities to keep me active and healthy.
- 409.** outreach to educate providers in SLS and ILS
- 410.** Make sure everyone has access to medical care
- 411.** Not sure the scope of authority, but making sure they have health coverage and access to health providers is vital.
- 412.** funds and transportation for clients to go to services and supports
- 413.** Classes and courses on mental health; how to manage emotional trauma, coping skills, promoted self-acceptance. As well as classes courses on food nutrition
- 414.** making sure services are easy to access
- 415.** HEALTH FAIRS/SCREENINGS FOR PEOPLE WITH DISABILITIES. MAKING SPECIALTY PROVIDERS MORE ACCESSIBLE TO PPL LIVING IN REMOTE AREAS/MAYBE IMPLEMENT MOBILE SERVICES.
- 416.** OT, PT, speech services
- 417.** more assistance with getting to the doctor and understanding health issues.
- 418.** More holiday/seasonal related activities such: summertime.
- 419.** socialization, especially high functioning adults.
- 420.** Better working relationship with county mental health programs.
- 421.** Access to current health information.
- 422.** education and seminars
- 423.** Sex ed and healthy relationships, and medical needs
- 424.** Improvement of mental health services/resources.
- 425.** I would like to see SCDD have more trainings on health and wellness

- 426.** More workshops
- 427.** more activities for people with disabilities to be able to get out and active
- 428.** Public awareness
- 429.** Keeping health insurance for all, looking for other activities to engage people in.
- 430.** Developing pathways for FQHC's to augment their funding to provide such labor intensive care without affecting care.
- 431.** Prevention of chronic disease as a foundation for life-long health.
- 432.** Pushing for a requirement for hospitals (Medi-Cal/State?) to allow operating room time for dental services. Change Medi-Cal reimbursement to value-based vs. procedure-based reimbursement.
- 433.** "Ensure all medical/dental agencies, hospitals, urgent cares, social workers etc. are trained properly to deal with autism, I & D individuals. More training should be a priority. Too many times personnel have no clue on dealing with individuals who are non-verbal, have sensory issues or have behaviors.
- 434.** Checks and balances on providers. Dental and health care
- 435.** Awareness of life, why it is important to be healthy as well as how can they be healthy. Classes or meetings that start at an early age.
- 436.** Access to fresh foods
- 437.** Training & support to help access health and mental health services for the DD population
- 438.** provide health advocates
- 439.** doctors' visits, immunizations, physical therapy, MediCAL
- 440.** TRAININGS
- 441.** more physical activities
- 442.** services
- 443.** Fund and ensure that health programs remain open and accessible to people like me.
- 444.** I want to make sure that there is continued support for those who have developmental and intellectual disabilities.
- 445.** Focus on greatest risk factors to this population
- 446.** helping people realize their health is important
- 447.** hiring nurses for group homes
- 448.** open times for swimming

- 449.** Mental health - reduce stigma of seeking help, and make help readily available, less costly, for those who need it.
- 450.** I don't know? i'm sorry
- 451.** I don't know
- 452.** More exercise, stretching, yoga, programs in our area picked up or discounted by regional center. DSS Exercise and nutrition courses should be offered at the community colleges. Make a cross-service effort to focus on nutrition.
- 453.** Continue support through his Adult Program
- 454.** Quality timely access to medical services accurate diagnosis and referrals to service providers.
- 455.** More social activities.
- 456.** medicare
- 457.** Accessing nutrition and mental health services information.
- 458.** i think everything is already available
- 459.** The creation of a majority of health and wellness programs that are accessible to people with disabilities.
- 460.** Volunteering sites
- 461.** To provide physical and mental meetings that inform individuals how to take care of themselves at all times.
- 462.** Access to quality mental health services; dental care, and methods to navigate the current health care systems
- 463.** Getting more Medical providers Mental Health and Dentist that care for people with I/DD
- 464.** Quality medical services.
- 465.** Health options/information
- 466.** Something that can have everyone get checked for any issues that could possibly have.
- 467.** Providing quality health care for minority populations.
- 468.** To ensure MI and IDD people have proper health care regardless of their financial status.
- 469.** Have more health and wellness options.
- 470.** More support groups for families to come together Culture is prevention
- 471.** Mental health, coping skills, stress reduction, whole body well being

- 472.** There is a need for preschool or school these days that focus on early learning
- 473.** Dental, medical coverage
- 474.** More funding to support those activities listed.
- 475.** Yearly health care exams
- 476.** early intervention on nutrition and exercise and prevent further complications from their disability.
- 477.** Medicare and Medical improvements in access to physicians and other medical personnel.
- 478.** Activities- not sure. But access to more service coordinators, fair healthcare, etc.
- 479.** Quality Care
- 480.** classes or speaker available to teach mental wellness in adults, especially in down syndrome.
- 481.** diet education with an emphasis on exercise for their own health.
- 482.** nutrition programs, recreational programs, counseling services
- 483.** more services in the rural communities
- 484.** Fund typically viewed as social/recreational activities such as exercise, visiting parks to interact with others in a sheltered way, yoga, stretching, horseback riding, etc. These are the things my son needs to progress yet they are unfindable in the current setup.
- 485.** Promote healthy eating, exercise programs, yoga, tai chi etc. for a healthy mind and less stress. Outreach in the community to integrate fitness gyms and health departments.
- 486.** Mental health supports
- 487.** Advocate for legislative changes including incentives for physician. And specialists to move to rural communities
- 488.** therapy
- 489.** Having a more critical eye on the offerings of Regional Center, School Districts, CCS, etc.
- 490.** health & wellness activities, information to access for medical, mental physicians, clinics, support groups. Information or discounts to gyms.
- 491.** Community program
- 492.** Community Programs
- 493.** Increase Mental Health Services

- 494.** promote self-care and health care info
- 495.** Continuity of trainings for SPED instructors to be aware of the affects they have on children in these areas
- 496.** education, meeting
- 497.** Pass legislation that would be a carrot and stick for hospitals receiving state and federal funds to provide dental care. Have specialized clinics for DD adult population staffed by MDs who have experience working with populations of special needs people.
- 498.** Education and promote awareness of services.
- 499.** Strengthen and protect it
- 500.** Programs to help alleviate the cost of medicine that aren't insured by programs like Medicare.
- 501.** Diabetes education.
- 502.** Give some incentives to MDs who specialize in working with persons with developmental disabilities.
- 503.** Supporting access to in-home care
- 504.** Classes and workshops to learn and develop new skills as well as support staff available on a regular basis for assisting with health & well-being at home and in the workplace.
- 505.** Affordable choices of doctors for all.
- 506.** OT, PT, SLP
- 507.** increased medicare
- 508.** Sports and events
- 509.** Communicate with the rest of the community that needing care in any form is NOT a reason to think that one is stupid or too lazy to take care of themselves.
- 510.** Diabetes, exercise/fitness training, cooking classes, healthy food activities.
- 511.** to make sure to have more healthy food .
- 512.** For group homes, ensure high quality staff that are well-screened, well-trained, and able to provide patient support to those with autism, and language/cognitive deficits.
- 513.** Mental health screening and faster services provided. People have to wait too long to get services they need for mental health.
- 514.** Medical plan coordinated by one person with any specialists and auxiliary support required.

- 515.** Provide help getting to the doctors needed
- 516.** Providing opportunities for families with children and adults with proven curriculum and supports to learn healthy habits and well-being.
- 517.** Improve access to mental and physical health.
- 518.** Mental Health connections for those with disabilities. Especially other dual diagnosis individuals
- 519.** doctors
- 520.** training on health and fitness
- 521.** Social activities and programs, group education and information
- 522.** Diabetes Education and Weight control
- 523.** Nutrition, hygiene, in home support
- 524.** more classes
- 525.** Exposure to families with children with disabilities to programs available to them.
- 526.** more activities/ education around healthy ways to cope with stress (e.g. medication, mindfulness, yoga etc.), especially at a young age
- 527.** SCDD regional offices could sponsor workshops on healthy eating and physical activities.
- 528.** Person centered thinking and access to more resources
- 529.** Services affiliated with Health and Well Being
- 530.** More physicians and specialist willing to work with this population.
- 531.** Periodic Wellness checks that would involve social wellness in addition to physical wellness.
- 532.** More Protection From Abuse
- 533.** HEALTHY SEMINAR EVENTS
- 534.** Provide recreational activities for seniors, to give encouragement to movement: light physical stretches for example and training or incentives to non-profits, or, individuals dealing with this population.
- 535.** More Exercising
- 536.** Lower pharmacy/medical procedure costs
- 537.** Teaching self care, maybe a cooking corner.
- 538.** Physical activities - horses, bowling, snow
- 539.** more exercise programs for the learning disabled.
- 540.** Psychological support services

- 541.** Improve quality/delivery of services such as SLS. Require regional center service coordinators receive training on value/need for SLS/ILS.
- 542.** Provider training
- 543.** Health advocates or coaches to oversee the entire picture of the disabled persons health (communicating w GP, specialists, psychologists, health coaches, etc.)
- 544.** Community health clinics or what would be great is for everyone to have access to a healthcare provider who specializes in most disabilities. Or access to continual specialty care. Most health care professionals aren't familiar with knowing how to best meet the needs of a patient w/disabilities making it difficult for that patient to get the most out of their first encounters.
- 545.** outreach and internal controls
- 546.** work shops
- 547.** Community College classes other than Adaptive PE, so our adult children who are considered severely handicap based on their developmental abilities, can feel a part of a post secondary education such as those offered at a junior college or community college level.
- 548.** Applied behavior analysis (ABA)
- 549.** scenarios of why staying on top of annual exams and making good choices benefits the individual
- 550.** I would like to see screening for state aid (medical, food stamps etc.) for those autism individuals who need help mentally getting these benefits, not just physically.
- 551.** awareness, free check-ups
- 552.** Be able to access low-cost programs such as swimming, sports, socializing places.
- 553.** The shortage of psychiatrists willing to work with adults with autism makes it difficult to get the health care needed.
- 554.** Help ensure that everyone in California who has a developmental disability receives the care that they need.
- 555.** There should the SCDD should identify staff who are experts in navigating the complicated systems relating to health care and benefits for individuals with disabilities
- 556.** Meditation, exercise, and counseling.
- 557.** Training and working together to make our communities stronger.

- 558.** the awareness for families to understand generic services versus rc obligation to fill, when those services are denied, delayed for reason out of a family's control
- 559.** Host Health fairs and offer support on healthy living tips.
- 560.** Help with caregiver benefits, training and salaries
- 561.** Trainings on the services available
- 562.** education on health and well-being.
- 563.** Education of autistic adults to manage their care/stress
- 564.** Medicare/Medical
- 565.** Training
- 566.** allowing area boards to advocate.
- 567.** not sure
- 568.** making Medicaid-accepting medical offices known to families of disabled children/adults. Advocate for more quality doctors to accept disabled Medicaid patients.
- 569.** Advocate for regional rate increases, Increase the provider network of specialists. Support med school specialties in disability, advocate w DMHC & Dept of Insurance to end narrow networks, reduce wait times, fund orgs like Mental Health and Autism Insurance Project to help families navigate insurance mazes & hold insurance companies accountable.
- 570.** just the usual review
- 571.** Lobby legislators to strengthen MediCal
- 572.** Exercise programs
- 573.** Wellness
- 574.** Education of community health providers
- 575.** More inclusive coverage of services such as therapies as well as hippotherapy
- 576.** health fairs, classes
- 577.** Provide financial assistance primarily with copay, deductibles, and medicine. Or recommend Covered California and Kaiser Permanente.
- 578.** Increasing access to health care across the lifespan.
- 579.** Prudent regulation to discourage marketing of unhealthy consumption choices; ensure that all school children are immunized
- 580.** unsure

- 581.** Nutrition training. Many people with disabilities are often overweight and in bad shape.
- 582.** Dental and doctor options.
- 583.** Learning nutrition and cooking techniques.
- 584.** support groups and seeing that caregivers can get reasonable pay.
- 585.** Not sure
- 586.** More availability of professionals especially in the area of mental health
- 587.** Support groups for teens for social integration. Utilize gaming as the icebreaker/motivator
- 588.** meditation, nutrition and exercise classes and incentives. There should be a program that has regards but also promotes accountability.
- 589.** Oversee and hold medicare and medicaid accountable for providing quality and timely services to our population that rely on these services
- 590.** Weight management
- 591.** easier obtained quality medical attention
- 592.** Doctors/specialists/therapies, Regular, coordinated, continuing care
- 593.** creating awareness re preventive care, nutrition and physical exercise programs
- 594.** Making healthcare offices accessible to wheelchair using patients
- 595.** Access to better resources.
- 596.** Having providers that are covered through their insurance be local to their home.
- 597.** Teaching parents about healthy foods for their children, keeping them OFF the iPad and instead reading to them and engaging with them.
- 598.** Provide education centered on health and well being. Activities and success stories.
- 599.** My goal is to be happy.
- 600.** Develop a system where someone who cannot advocate for themselves will not fall through the cracks, for example not lose essential services because they do not respond to a phone call or letter to set up yearly reassessment appointments for each of their services. Who will follow-up and check on them, instead of terminating their services
- 601.** Basic life skills.
- 602.** Education and incentives.
- 603.** Self care, nutrition, exercise stress relief.

- 604.** Advocate for additional funding if no services or programs are available.
- 605.** Improving access to therapy services.
- 606.** Alternative, holistic ideas for my child's well-being
- 607.** more information on doctors specialize with special needs
- 608.** Make sure Doctors do go work.
- 609.** For therapies: Assure that all who assess as needing therapy actually receive it.
- 610.** Check-ups with Doctors or nurse practitioners
- 611.** recreation activities and support services.
- 612.** education for families. Support for parents and families.
- 613.** more education
- 614.** Mentorship programs
- 615.** Access to the needed health and mental services they need to build structure and stability.
- 616.** Healthy food from food banks and food stamps.
- 617.** Healthy diet and exercise
- 618.** More available medical personnel who accept Medicare.
- 619.** Get together, play dates, exercise classes.
- 620.** Health fairs and training
- 621.** networking and education
- 622.** Health and wellness control.
- 623.** Medical intervention related to CCS - older adult population. Continuity of services related to transition.
- 624.** Perhaps quarterly wellness checkups, more instruction in med school, more assistance to obtain hands on while in med school,
- 625.** yoga, relaxing sessions
- 626.** Social Recreational support services/
- 627.** liaison with program that actually provide services
- 628.** Medical coverages
- 629.** WIC and food samples
- 630.** medical care
- 631.** Education, education, education
- 632.** Have remove bladder infection and teeth

- 633.** Identifying resources and dissemination of the information.
- 634.** All 21 regional centers should mandate RDH coordinators to solve most of the problems.
- 635.** I don't know what you mean by types of activities still learning what SCDD does.
- 636.** Basic health care, including, eyes, teeth, ears, feet
- 637.** Mental health etc.
- 638.** Stop bureaucracy on Medicare, if they have a waiver why they need to present documents every year? DD is not going away.
- 639.** focus on health issues and well-being such as activities, dog services, etc.
- 640.** Nutritional trainings at home or programs
- 641.** one to one mentor support for individuals out in the community. Day programs that focus on the specific disability of the individual.
- 642.** Support activities that promote healthy living.
- 643.** workshops on adult services
- 644.** Go on more outdoor activities.
- 645.** more regulation and monitoring
- 646.** Community services and options for individuals with disabilities.
- 647.** Nutritional classes for the disabled.
- 648.** Cooking classes, food tours, to exotic restaurants and hopefully meeting famous chefs and food critics.
- 649.** Information that is needed for/or services available for person with disabilities at any age,
- 650.** Educate staff and support agencies on Celiac Disease
- 651.** more exercise programs, walking, painting, music some type of modified physical training. not enough available. Need more funding or fundraisers to get these types of things in place for clients who need extra help and attention.
- 652.** Workshops for clients and families to help them see past their diagnosis'.
- 653.** Provide training for regional centers, service agencies and families
- 654.** more activities.
- 655.** I would like to obtain more information on services available. SCDD to collaborate with community partners available to provide these mental and health services to this vulnerable population.

- 656.** develop materials to explain health conditions/procedures to adults with I/DD. Example: colonoscopy
- 657.** A healthcare payer and healthcare provider both exist to provide services required. Many times it is just one or the other (i.e. only the payer willing to pay someone who doesn't exist or only the provider who doesn't have a payer willing to pay).
- 658.** Volleyball, bowling, baseball, don't eat fast foods, and how to cook.
- 659.** Activities
- 660.** Events
- 661.** Social, fun fitness activities
- 662.** More services
- 663.** Mental health classes.
- 664.** Parenting classes (promotion)
- 665.** continue to encourage Dr to take more medical
- 666.** Community outreach events.
- 667.** Providing more opportunities for health care.
- 668.** Diet and healthier cooking, gardening
- 669.** less insurance "gate-keepers", easier access, more same-day service medical clinics
- 670.** Learning self personal care
- 671.** increase health providers and physicians in our region
- 672.** Lower the cost of Medical/CalOptima and other types of insurance. Possible have clinics that are cost free for those without insurance. Create other benefits for lower income adults (with or without children)
- 673.** Education related to nutrition, physical activity and the importance of social connections in overall health. Increased opportunities for rural areas.
- 674.** Senior with DD Services, Message/Touch Therapy /working with animals
- 675.** dental, visual & others
- 676.** Advocate for emergent and inpatient psychiatric care for people with ID/DD who cannot be commingled with general psych population
- 677.** Being a more vocal and proactive advocate for getting services such as dental for adults with disabilities.
- 678.** Advocate for increased Health (medical/mental) services that meet the needs of consumers with a focus on wellness, rather than simply illness.

- 679.** How to request services through the insurance
- 680.** Have weekend programs in place not just Monday through Friday. Activity programs paid by Regional Centers to vendors for weekend programs.
- 681.** I don't have a clue
- 682.** Assistance to get above.
- 683.** Service projects
- 684.** help promote access to health service and mental health service
- 685.** Access to assistance, self improvement workshops, tools
- 686.** Activities in community and home settings, medical, dental and behavioral health technologies that are designed for both clinic and in-home settings for persons with disabilities
- 687.** More mental health providers
- 688.** Day long outing for everyone to learn and have fun at throughout California
- 689.** Health care is a need and a right and many consumers have complicated medical and dental needs
- 690.** educate the medical field by reaching out to doctors and making them familiar with the needs of our clients
- 691.** services to support health and well being
- 692.** food.
- 693.** sports and other activities that will be beneficial for our kids
- 694.** Health classes.
- 695.** Get in front of public / politicians /etc. to ensure they are aware of the importance.
- 696.** connect with a larger network of providers
- 697.** Health classes, nutritionists, ways to be able to help person with disabilities to express their emotions. - Meditation, self care programs, mental awareness strategies
- 698.** What services are there to provide families support after early intervention
- 699.** healthy living groups
- 700.** More meetings to educate ourselves
- 701.** Good quality services at health centers
- 702.** Physical check up
- 703.** Community exercise
- 704.** Encourage what is being done already

- 705.** Education of primary medical providers regarding the needs of people w/ disabilities and informing them regarding resources they can recommend these parents to (Regional Center, School-based services, community organizations, etc.).
- 706.** be more proactive in offering these services
- 707.** Encouragement for vendors to hire Q/A staff. Regional center - DDS & DMH
2) Access to & repair of Durable Medical Equipment when on Medicare insurance
- 708.** wellness programs offered a low-cost - nutritionist/physical therapist?
- 709.** screening
- 710.** to give us medicine
- 711.** How to control diet and exercise regimen to stay healthy
- 712.** Free passes to zoo, Sea World
- 713.** Everything they have available.
- 714.** Sensory activities, speech/sign-language, adult programs for special needs.
- 715.** Workshops
- 716.** Child friendly fairs, workshops
- 717.** Offer a variety of health plans that are affordable.
- 718.** Dieting support - exercise support - services - options
- 719.** Making sure clients have a good support group - w/ family, friends, & therapists - social groups - regional center just pays for 1-2 hrs. a week. would love more
- 720.** Educating special need people on how to stay healthy
- 721.** More resources and trainings. Programs with trained professionals familiar with ID/DD 7 mental Health
- 722.** Safety training
- 723.** Resources, suggestions.
- 724.** Give staff education.
- 725.** Activities centers in the community.
- 726.** Training for disabled adults on how to access health care.
- 727.** Information on resources.
- 728.** More events and activities to learn
- 729.** Educate staff and manager on health activities of staff & clients
- 730.** Provide training to clients on health service systems.

- 731.** Travel to places
- 732.** Easier access to health facilities and wellness centers.
- 733.** Training and simple ways to keep healthy.
- 734.** Nutrition.
- 735.** good care
- 736.** A healthy day, activities to teach about healthy eating or for the State Council to be more involved in clubs that are bringing awareness about health.
- 737.** More opportunities to socialize with peers.
- 738.** Community engagement and disability friendly community.
- 739.** Important to save.
- 740.** Keep improving services according to our needs
- 741.** Class on how to stay away from germs
- 742.** Make my own meals.
- 743.** To pay premiums for better health plans, to include coverage uninsured employees and family members.
- 744.** Provide support for medical care.
- 745.** Continue funding for glasses and dental.
- 746.** Helping DDS to have more vendors in their area.
- 747.** Education.
- 748.** Vaccinations.
- 749.** Like Woodbridge doctor comes to the house.
- 750.** Create a safety net and inform parents of it.
- 751.** Affordable healthcare should be available to everyone.
- 752.** Insurance most times directs how residents get care, medications, treatments.
- 753.** Stress education.
- 754.** Nothing.
- 755.** advocate for recreational services as evidence (research) show exercise, physical activity is proven to improve health and emotional well being
- 756.** Food stamps.
- 757.** Healthy eating, cooking healthy food
- 758.** Outdoor sports opportunities with lot of support.

- 759.** Sporting events
- 760.** Health screening and testing.
- 761.** Exercise, walking, games, stationary exercises.
- 762.** More free clinics and discussions on how important it is to get physical and for some flu shots to stay healthy or to get early intervention for long term diseases/cancer.
- 763.** Healthcare, more community base outings
- 764.** How to get a job.
- 765.** More moneys
- 766.** Health based activities.
- 767.** Health fairs in the community
- 768.** self-advocacy, empowering folks to learn & take charge of their agency over health
- 769.** more options
- 770.** To make sure that they get the up-to-date or done the scheduled of different immunizations & vaccinations & follow-up check-ups needed -
- 771.** Staff should pay attention to their clients doing the activity w/ their clients choice. and for the improvement to be dependent.
- 772.** to be more flexible
- 773.** More focus to the client need a lot of help.
- 774.** Faith-based supports.
- 775.** Take controls away from IRC and let me focus on what is best for my son and let me decide what he needs since I know him best and have been productive in my choices unlike anyone else.
- 776.** Access to holistic doctors is key.
- 777.** Gym or sports complex membership pass, healthy cooking class, menu planning, life skills training
- 778.** Provide annual check-up and to monitor the health problem.
- 779.** by providing activities that promotes health and well being and by helping the person with disability to re integrate to their family
- 780.** maybe a race or community walks
- 781.** Healthy and well-being
- 782.** Providing information to know that they are being served correctly.
- 783.** Developing better eating habits

- 784.** Basic anatomy & health classes in the community for kids/adults w/ special needs
- 785.** Free health care for children
- 786.** Help people with disability have food resources and have better jobs and careers and job training as well.
- 787.** High school and post programs that help transition to a meaningful life; integration into community organizations such as choirs, bands, service clubs; speakers to these groups to help them accept disabled members
- 788.** Ensure that all DEAF clients are helped to live with, or at least daily socialize with, other DEAF adults of All Ability Levels.
- 789.** ILS
- 790.** Education of medical personnel and clinics and/or providing better referrals
- 791.** Free health care for all identified disabled children.
- 792.** I'm not an expert in this area.
- 793.** Improving healthcare
- 794.** Health/exercise/ food diet
- 795.** Get better funding for rural areas.
- 796.** group centered vendor options for RC if this can be advocated for
- 797.** Get more
- 798.** Educating community on types of services Available and navigating service systems (RC, medical, medicare)
- 799.** Activities like recreation
- 800.** Training tools, person to person and audio/video tutorials
- 801.** grieving/trauma transformation
- 802.** Treating gun wounds. - Field trips to: - prisons - hospitals - fire stations - police stations - military bases
- 803.** Unsure at this time
- 804.** Not sure
- 805.** Health services to promote good food choices and increase exercise.
- 806.** Support to the individuals we serve and their families through legislation and lobbying for better and expanded coverage of medical, dental, mental health and drug benefits.
- 807.** Health is directly related to your wealth. Learning & Living Heathy contributes to Healthy communities

- 808.** Do more activities and exercises
- 809.** more surveys
- 810.** Have someone make sure the person is doing their yearly checkups for doctor, dentist, eye doctor, etc.
- 811.** Medical, medicare. Medical equipment like wheelchair
- 812.** Nutrition
- 813.** '-fund dental clinics/promote & pay better rates for this services
- 814.** Make sure my basic needs are beginning met.
- 815.** Making sure people get services quickly
- 816.** referral to where to go
- 817.** Exercise & fitness should have free activities for everyone. YMCA should be cheaper for us to go after program.
- 818.** SCOPE & ACCESS
- 819.** Weights
- 820.** free healthcare
- 821.** Offer state funded programs for OT, PT, speech series
- 822.** Alternative health care, mental health, yoga, etc. chiropractic/acupuncture
- 823.** Gyms- more to be available with guided for people with special needs
- 824.** Programs for all ages
- 825.** Healthy Diet - foods - gardening - shopping skills - and well being - social skills, good grooming skills could lead them to feeling better
- 826.** specific grants to focus on revamping or adapting evaluations forms, tools, assessments, tailored to the developmentally disabled population.
- 827.** Allow Advisory committee members to advocate in name of SCDD
- 828.** Do something for doctors to want to help people on medi-cal. Need better reimbursement rates. Everyone deserves good health care.
- 829.** Health fairs and information on healthy living
- 830.** I don't know
- 831.** Parenting and counseling with children with disability
- 832.** volunteer work to help with happiness
- 833.** Quality medical and psychiatric care, healthy lifestyle of diet and exercise"
- 834.** More information about health

- 835.** Increase nutrient and fitness program depending on their levels. Parents, caregivers and service providers need. individuals participate in right program depending on their levels
- 836.** Not sure what you're asking.
- 837.** Implementation of IPP
- 838.** health and wellness programs to be paid for by regional centers
- 839.** services
- 840.** Anything to help support there health
- 841.** maybe some events something like poppy walk maybe. I enjoyed that in Chico
- 842.** more affordable health care
- 843.** free clinics
- 844.** Fitness, lift weights facility to workout in
- 845.** increase the number of doctors and clinics to go to
- 846.** improve health care services and make sure everyone can get it
- 847.** walking
- 848.** Maybe have a health care/nurse professional come in to teach a well being class for our members
- 849.** Educate the healthcare community about their role in providing resources and building capacity to serve people with IDD
- 850.** prevention
- 851.** class
- 852.** How to improve health- steps to take
- 853.** Classes on Wellness.
- 854.** Walking and eating right
- 855.** free health check ups
- 856.** support more medical mental support
- 857.** New clinics, doctor incentives, travel clinics
- 858.** Home Health Care and increase clinics
- 859.** better dental coverage for medi-cal
- 860.** State and federal changes to assure access to services and providers at local and state levels
- 861.** Indoor activities, and outdoor activities.

- 862.** support medical technology
- 863.** affordable doctor options.
- 864.** Education
- 865.** Bridge the gap for clients who have medical, Medicare and regional center so there is no delay in getting necessary services because of lack of authorization and coordination and cooperation
- 866.** Local trainings (not asking people to get to Sacramento in the middle of the day), fight for health care for the disabled
- 867.** disability accessible gyms
- 868.** ensure availability of resources and funding for resources
- 869.** also home health
- 870.** Nutrition classes geared towards consumers
- 871.** unsure
- 872.** Trying to get housing for Far Northern Regional Center Clients
- 873.** Proper, adequate housing to respect clients, and day programs for adults.
- 874.** More programs that support active life-styles and nutritional guidance.
- 875.** not sure as i think i have answered this question before.
- 876.** free dental, vision, hearing fairs, access to medical healthcare, etc.
- 877.** Funding for staff wages and benefits that support individuals especially with multiple and complex health needs.
- 878.** Information or places that specialize working with disabilities etc. educate the public to help the patient a lot of public health places don't know how to teach and handle ppl with disabilities
- 879.** free memberships to YMCA
- 880.** More dental facilities accepting special needs patients that require anesthesia for dental work.
- 881.** Consult with/involve public health resources.
- 882.** Medical. dental fairs. Group exercise classes, Yoga, Meditation classes etc.
- 883.** My son recently had surgery. I would like them to guide us as parents how to care for and care for our children
- 884.** Provide parents city services
- 885.** Mental health supports and pulling in stakeholders' input
- 886.** Support groups for adolescents
- 887.** Educational Workshops, Educational Clinics, Activities.

- 888.** self care and independent in accessing routine health care & preventative
- 889.** importance of annual checkups
- 890.** maybe more free opportunities to do physical activities or classes
- 891.** transportation
- 892.** to have more services
- 893.** providing health coverage for families that don't qualify for medicare
- 894.** Educating us + our support networks.
- 895.** MH Services
- 896.** workshops on nutrition
- 897.** workshops on healthy food choices and exercise
- 898.** have workshops where we get training on healthy eating
- 899.** workshop on nutrition info
- 900.** programs to promote well living
- 901.** Make special services like dental work easier to get
- 902.** Wanting people with systems like Medical, to ensure insurance is available to people.
- 903.** Provide more opportunities for the I/DD community to get some exercise. offer discounts at health clubs to IDD community.
- 904.** Advocate for full coverage of medical and mental health from private and public insurers. Advocate for more providers for this population.
- 905.** He needs access to activities which will shape his growth like: Arrowsmith, Music Therapy, Group Exercise classes, etc.

Arrowsmith (<https://arrowsmithschool.org/neuroplastic/>) - a range of specific programs to enable the learner's capacity to understand, absorb, retain, process and use the content, which strengthens critical cognitive functions such as reasoning, thinking, planning, problem solving, visual memory for symbol patterns, auditory memory for facts and instructions, visual memory for objects such as landmarks and faces, number sense, non-verbal problem solving required for effective social interaction, spatial reasoning necessary for navigating one's way, and learning motor plans involved in writing and reading. As the learner proceeds through his or her academic and vocational career with strengthened cognitive functioning, they gain access to meaningful quality-of-life decision-making where before they struggled and often failed.

Barbara Arrowsmith will be at the Children's Health Council in Palo Alto February 5th at 6:30pm - <https://barbaraarrowsmithyoung.com/childrens->

[health-council-hosts-barbara-arrowsmith-young-changing-brains-shaping-the-mind-neuroplasticity-learning/](#)

Bay Area Music Therapy - While Ethan struggles with pragmatic language, Nothing activates the brain so extensively as music, said the late Oliver Sacks, M.D., neurologist and author of Musicophilia. He would've known. Sacks documented the power of music to arouse movement in paralyzed Parkinson's patients, to calm the tics of Tourette syndrome, and to vault the neural breaches of autism. After his passing, his belief that music can heal the brain is still gaining favor thanks, in part, to Gabrielle Giffords.

In January 2011, the Arizona congresswoman survived a gunshot wound to her left temple. Because language is controlled by the brain's left hemisphere, Giffords was unable to speak. As part of her arduous recovery, she underwent music therapy, which trained her to engage the right side of her brain pairing words with melody and rhythm to bring back speech.

She was able to sing a word before she could speak a word, and the damaged areas of her brain were circumvented through music, says Concetta Tomaino, executive director of the Institute for Music and Neurologic Function. Now the neuroscience community is saying, Yes, the brain changes and Yes, auditory stimulation can help those changes happen

Therapy That Plays Well

Music therapy is used to help victims of severe brain trauma, children on the autism spectrum, and seniors suffering from Alzheimer's disease. For children with attention deficit disorder (ADHD or ADD), music therapy bolsters attention and focus, reduces hyperactivity, and strengthens social skills.

How does it work?

MUSIC PROVIDES STRUCTURE. Music is rhythm, rhythm is structure, and structure is soothing to an ADHD brain struggling to regulate itself to stay on a linear path. Music exists in time, with a clear beginning, middle, and end says Kirsten Hutchison, a music therapist at Music Works Northwest, a nonprofit community music school near Seattle. That structure helps a child with ADHD plan, anticipate, and react.

MUSIC FIRES UP SYNAPSES. Research shows that pleasurable music increases dopamine levels in the brain. This neurotransmitter responsible for regulating attention, working memory, and motivation is in low supply in ADHD brains. Music shares neural networks with other cognitive processes says Patti Catalano, a neurologic music therapist at Music Works Northwest. Through brain imaging, we can see how music lights up the left and right lobes. The goal of music therapy is to build up those activated brain muscles over time to help overall function.

Just as Giffords used music to retrain her right brain to help her to talk, children with ADHD can use music to train their brains for stronger focus and self-control in the classroom and at home.

MUSIC IS SOCIAL. Think of an orchestra, says Tomaino, a 30-year veteran in music therapy. If one instrument is missing, you can't play the piece. All voices are necessary. This is what Hutchison teaches in Social Skills Through Music, an eight-week course for children ages seven to 10. Students participate in ensemble playing, write collaborative songs, and practice for an end-of-session performance.

Students learn to listen, take turns, anticipate changes, and pick up on cues in ways they might not do outside of a music-therapy session, says Hutchison.

Music facilitates multi-step processing when executive-function deficits may make it difficult, says Tomaino.

When I work to extend a child's attention, I sit alongside him with a drum says Catalano. I play a beat with clear phrases, the child repeats it, and we add beats each time. I'm asking him to listen, pay attention, and control his impulses. I'm also showing him that his turn is worth waiting for. ~from Music Therapy: Sound Medicine for ADHD.

- 906.** Group Exercise opportunities...he needs to access exchange with others while working on himself."
- 907.** Provide screenings, free tutoring/services, IEP support, advocate services
- 908.** figuring out what is covered with health insurance and what to do when services are denied and what our rights are
- 909.** Support groups, medical assistance, mental health clinics
- 910.** not sure
- 911.** Promote Nutrition and Healthy Eating, Educate Medical Practitioners including Physicians, PA and Mental Health Professionals (Outreach)
- 912.** offer trainings on medical/medicare
- 913.** Advocate for full health services income caregiving still is an issue.
- 914.** Build awareness on how important healthcare and steps to help people stay healthy or get healthy.
- 915.** Helping agencies in find inroads and promotion for greater community employment opportunities.
- 916.** community education to encourage others to adopt healthy lifestyles
- 917.** Prepare of list of specialists and their contact information in LA County

- 918.** access to health professionals
- 919.** Healthy food
- 920.** I don't know
- 921.** I would like to go to gym but can't afford it
- 922.** medical and mental health supports
- 923.** I like to go to lunch
- 924.** I don't know
- 925.** Maybe a cheaper gym
- 926.** Getting better doctors who accept insurances for people with disabilities to get better care.
- 927.** Supporting people in need and setting an example for others to follow.
- 928.** Watching over both parties for example the elderly and the disabled
- 929.** not sure what is available for aging adults or support for parents
- 930.** Maybe class to show them not to be afraid of Doctors and the importance of having blood drawn
- 931.** See above,
- 932.** Create county-wide database for individuals to access to see providers (dentists, psychologists, PCPs, gynecologists, etc.) that specialize or take individuals with developmental disabilities
- 933.** Create new options, including holistic approaches.
- 934.** Metrics....maybe effective use of PCP tools
- 935.** Inclusion must be mandated
- 936.** Help people understand how to access their own health services. More trainings.
- 937.** MORE ACCESS TO PREVENTIVE HEALTH SERVICES.
- 938.** See above answers.
- 939.** training of health professionals on autism, etc. so they don't react negatively or refuse to serve them.
- 940.** Clear insurance State requirements, ability to get actual enforcement on claims handling/mishandling, bad-faith and a Disabled Persons (including non-speaking) bill of rights.
- 941.** This in their community that they can access, dancing, bowling, walking, biking, the list is endless, we need to help them help themselves.
- 942.** training

- 943.** There are basically no mental health supports for this population or for their caregivers and family. Burnout is problematic and many of our clients' experience depression and anxiety which lead to health problems. This can have a profound effect on their quality of life.
- 944.** Provide more funding for more services and pay staff more. Need to attract qualified staff.
- 945.** Increase awareness among self-advocates about depression and other mental health issues and include families and service providers in the effort to increase awareness
- 946.** How do you get mental health services that are appropriate for someone with DD?
- 947.** higher standards for programs
- 948.** Therapy and group session and list of outing and going to show life isn't over.
- 949.** I would like to see more support groups available to me with other intellectually disabled adults that share the same challenges that I do.
- 950.** Advocate for single payer healthcare.
- 951.** more food banks with better food choices and access to education about health and nutrition.
- 952.** More education for psychiatric care
- 953.** Increase availability of mental health care options.
- 954.** Doctor appointments and going to a good dentist.
- 955.** Find more work.
- 956.** keep me at home
- 957.** I don't know.
- 958.** Help ensure that healthcare is available to those who need it.
- 959.** How to advocate for yourself (individual with disability) in the doctor's office and other, pertinent health resource centers. (pharmacy etc.)
- 960.** I know our adult children have "rights" but they need to be guided to make safe, healthy decisions
- 961.** Training for medical providers. Assistance with Access to health services
- 962.** We like learning about good things to eat. Do more health fairs.
- 963.** Single page of client info to give to hospital staff
- 964.** Presentations
- 965.** More support groups for consumers and families

- 966.** More accessibility to help
- 967.** Teaching healthy eating choices.
- 968.** Any sport related activities
- 969.** monitoring students with mental health issues.
- 970.** There aren't any PT providers that accept medi-Cal rate so if the family can't afford to pay then the individual can't really get the service. For instance, in SDP I have been offered the medi-Cal rate for my son's budget which doesn't cover any PT anywhere. We will pay the difference but shouldn't have to.
- 971.** housing and after the services.
- 972.** use technology
- 973.** "From country to country there is a difference in what is available for home health referrals, especially for our medi-cal patients.
- 974.** Teaching participants to advocate for their rights in health care.
- 975.** The availability of appropriate services and supports in these areas to promote community-based living and quality of life.
- 976.** How to help providers learn relational tools/perspectives conducive to supporting a healthy social environment for people with ASD.
- 977.** Self-advocacy group on health
- 978.** They can do a lot like bettering myself at the adult residential facility that I'm at and changing my attitude so I don't feel left out.
- 979.** Glitches in Medi-Cal
- 980.** Dental care that requires repair of teeth, not always removal.
- 981.** ensure that California law forbids insurance companies from declining health insurance to disabled people for any medical condition related to their disability
- 982.** Keeping private for profit insurance out of MediCal
- 983.** Recreational activities
- 984.** Develop a strong voice to this country's leaders.
- 985.** Support and change laws so that Medi-Cal offers a dollar amount that families can use to choose any doctor, dental office or optometrist so that they can choose quality care which is very important for children with special needs. Also, continued support for Special Olympics, Alta-regional services, Warmline, FEAT and other organizations that help families.
- 986.** Help parents access.

- 987.** education
- 988.** Try to find an answer
- 989.** We need to find a way for specialty services to be available everywhere
- 990.** Medical and dental care.
- 991.** Partner with agencies that provide well being programs
- 992.** sponsor events that promote good health care.
- 993.** See prior answer
- 994.** Workshops, access to better medical and dental options.
- 995.** More classes for those with disabilities, as well as alternative locations/delivery systems (webinars, pamphlets, in-home classes, interpreters etc.)
- 996.** Families supports and training
- 997.** fund agencies that provide well-being service
- 998.** Same as above
- 999.** Workshops and trainings on the importance of well-being.
- 1000.** Health fairs
- 1001.** Results of drug/alcohol to your unborn baby
- 1002.** Teach clients early in life how to eat healthy. Most of my clients eat frozen foods.
- 1003.** health training, work with Medi-Cal to improve health education and availability.
- 1004.** community access for health care and recreation
- 1005.** Training in the community for those who support individuals as well as the individuals who are receiving the support
- 1006.** Healthy eating and activities that people can do to stay healthy.
- 1007.** Secure guaranteed medical services for disabled persons
- 1008.** health programs
- 1009.** Less planning in silos and more collaborative planning
- 1010.** mental health services
- 1011.** informative classes for parents, tips from professionals, workshops, walking clubs or yoga classes for the people we serve, cooking classes or classes where they can try new foods in a fun environment
- 1012.** More hands on making their appointments with doctors and showing them the appropriate times to make an appointment.

- 1013.** health programs for families
- 1014.** Health and wellness workshops. Mommy spa days, children play dates and holiday celebrations for them.
- 1015.** exercise, mental health, productivity.
- 1016.** Not sure here either.
- 1017.** Alternatives for education when kid is sick a lot (virtual attendance web resources of what is being taught at school that day)
- 1018.** Studies on people with autism whom have dementia because we are living longer.
- 1019.** More access to mental health services, more adult resources for social/recreational activities.
- 1020.** How to advocate
- 1021.** Help people know how important this is.
- 1022.** Provide information regarding health and recreational organizations that host seminars and activities to promote health and well-being of adults
- 1023.** An activity where we have to speak up for ourselves.
- 1024.** regular checkups/treatment
- 1025.** Better education by pediatricians in developmental milestones
- 1026.** Social, emotional, and cognitively stimulating activities. Team events for those for whom they would be appropriate.
- 1027.** Emergency preparedness trainings is great IPP Training with health and safety features. Learn what to put in the IPP.
- 1028.** ""-Better housing
- 1029.** -More thing at regional centers."
- 1030.** Physicals, self-care.
- 1031.** Improve supply options for incontinence products funded through medi-cal.
 - Create co-insurance for medical for people own 24. so you don't have to be solely on medi-cal.
- 1032.** education
- 1033.** See if we could get Medi-Cal partnering with the local gym and fitness centers each other services.
- 1034.** Have centers and programs to teach exercises, yoga and meditation.
- 1035.** More conferences
- 1036.** Food drives, donations.

- 1037.** How to effectively get everyone to comply.
- 1038.** Medical services.
- 1039.** Privatized healthcare.
- 1040.** Health care.
- 1041.** Health care for all IHSS Providers in every county.
- 1042.** Maybe some education so my child can understand ASD (Asperger's), rather than think she is just even more abnormal than before. Then maybe she can finally stop completely hating her life. (She has several co-morbid disorders.)
- 1043.** Self awareness of their bodies as they age. Medical, dental, vision, mental health interventions in a prompt and timely manner.
- 1044.** Better informational access to where & quality
- 1045.** training medical professionals to know and understand the disability community. Specifically, Psychiatrists and Psychologists
- 1046.** focus on life
- 1047.** Inviting us to a class with a dietician
- 1048.** Include mental health focus in all services, particularly addressing trauma and resilience.
- 1049.** Advocacy for public assistance programs accountability especially with EPSDT program
- 1050.** Good resources
- 1051.** nutrition and personal trainers
- 1052.** Workshops
- 1053.** Resources and supports related to social emotional health.
- 1054.** Educate people to take better care of themselves
- 1055.** Doctors don't seem to provide quality care for this population also it's very hard to find doctors in the psychological field for optometry a quality Dentist Service is just aren't available in our area
- 1056.** Information on healthy classes, holistic information and communication with HMO's.
- 1057.** Not sure how to answer this. Probably through a support system of sorts be it training, education, information, assistance, etc.
- 1058.** Better education of Doctors and Dentists. Last thing I want is a doctor who insists on re-diagnosing my 30 year old daughter who has been autistic all her life, with something she does not have just because he has never seen

an autistic patient before (true story which has happened to us more than once). We also need to be allowed to be exempt from the State's mandatory or placed as voluntary with regards to the managed health care insurance. We need to be able to find the best doctors statewide who know how to work with our children and adults with disabilities. Under the managed care plans persons are limited to a geographic area.

- 1059.** Walking groups...?
- 1060.** the medical field
- 1061.** DEVELOP VARIETY PROGRAMS
- 1062.** health fairs
- 1063.** I'm not sure?
- 1064.** follow ups with concern, not have to attitude.

Spanish Responses (Translation)

- 1065.** Support families to navigate with the types of insurance or types of insurance that exist, apart from medical, for people who do not have legal documentation.
- 1066.** That the system will not have as much to give medical services as authorization for any service.
- 1067.** Which places will be according to the disability of each child
- 1068.** IHSS, Social Security, Respite, and Regional Center Topics
- 1069.** Workshops on mental health
- 1070.** Why
- 1071.** A health fair
- 1072.** Talk more like seniors talk about sexuality
- 1073.** I would like them to teach you how to eat so you don't gain weight
- 1074.** Medical consultations - more resources - -reinfection
- 1075.** Knowing how to identify children who do not have help or who are not well at home.
- 1076.** Mental health
- 1077.** Socialization how to integrate patients into Society and that society
- 1078.** Occupational therapy
- 1079.** Of speech

- 1080.** All the disabilities that our children have.
- 1081.** Give information, advice, workshops personally and through social media (Facebook, Instagram)
- 1082.** Feeding. Exercise activities.
- 1083.** Every country learns about our children with communication disabilities or about their health.
- 1084.** Meus doctors and climates. with better services
- 1085.** Has fun activities like walking walks sugar baseball
- 1086.** In health
- 1087.** Mental health and community services
- 1088.** The first thing in our lives.
- 1089.** That they did not take so long to refer them to the specialists.
- 1090.** That they had no trouble getting the equipment they need.
- 1091.** Nutrition
- 1092.** How could they take advantage of health insurance and obtain better medical services?
- 1093.** That there are special classes of nutrition with information leaflets to recipes that are better for our health
- 1094.** That people can have access to physical and mental health care. Information on how to qualify for health plans.
- 1095.** More money for ABA therapies, therapies for parents to understand the disabilities of our children
- 1096.** They should train medical personnel in hospitals and health centers (nurses, doctors, receptionists, security guards) at least once a month to know how to deal with children with disabilities.
- 1097.** More training advocate for medical / cover all discrepancies
- 1098.** Workshops or groups to promote our Latino children with disabilities who have no conscience to take care of their health and healthy weight
- 1099.** In training doctors about Services for our children
- 1100.** Places for health improvement
- 1101.** Community inclusion jobs
- 1102.** Training trained personnel within hospitals and clinics and mental health settings.
- 1103.** How to request health and support services for families.

- 1104.** To know everything MENTAL health - there are therapies that are effective like that of animals, dogs, horses and dolphins, apart from the therapies given by specialists
- 1105.** In therapies - Best studies
- 1106.** Educating the health department and people who work with people in need
- 1107.** Teaching to eat healthier.
- 1108.** For their health and sound physical conditions for all their psychomotor movements and physical health
- 1109.** Community services because my city does not have any services for people with special needs.
- 1110.** Advocacy, change laws
- 1111.** In everything that has to do with health, give more information about resources
- 1112.** Free check-ups and medical equipment.
- 1113.** Activities such as health clinics and classes for parents to feel good about themselves.
- 1114.** In addition, the addictions and measures to be taken for each person and their corresponding health abilities
- 1115.** In theme workshops
- 1116.** Socialization with typical children and special needs
- 1117.** We need more health facilities at low cost.
- 1118.** More mental health information
- 1119.** Supports for Medi-care
- 1120.** That the regional center or you could tell us what the health services it provides are, apart from
- 1121.** More information on mental health
- 1122.** Talk about medical and medicate everything related to medical insurance
- 1123.** Information for parents to have a clearer picture in aid of our socio-emotional children.
- 1124.** Nutritional health and conscience to regenerate the organism
- 1125.** SCDD ensures that every individual who lives in California has health insurance.
- 1126.** More information
- 1127.** publications on community services

- 1128.** Focus on everything related to health and wellness, with real support in clinics, schools, recreational parks, etc.
- 1129.** In further training on how we can seek help
- 1130.** Information leaflets workshops
- 1131.** Schools and Alta California.
- 1132.** Strategies

Japanese Responses (Translation)

- 1133.** Seminar
- 1134.** Advocate activities to improve services such as Medicaid, SSI and IHSS.
- 1135.** Publishing the list
- 1136.** Work with the state for allowing more alternative treatment like osteopathy