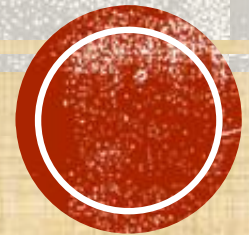


WATERSHED HEALTH...

Breaking Down the Silos



THE COMPLEX PATIENT



ASSESSING THE MANY LAYERS

- Communication with the Patient/Caregivers
- Health Network
- Social Network
- Message
- Documents
- Medication List
- Problem List
- Orders
- Task
- Vitals
- Health Capability



HEALTH CAPABILITIES

1. Which best describes your living situation?

- I live in my home.
- I live in someone else's home.
- I live in a facility where I receive care.
- I do not currently have a home.

2. How many people do you live with?

3. Do you ever have trouble affording your utility bills, groceries and living expenses?

4. Do you rely on another person to get groceries or prepare your meals?

5. Do you own a car and drive yourself?

6. Do you need help to manage your medical condition?

7. Does leaving your home require considerable effort due to your health condition?

8. Do you ever have trouble affording your medications?



HEALTH CAPABILITIES CONT . . .

9. How well do you understand all of your medical problems?

10. How well can you manage your medical problems on your own?

11. How do you feel about managing your medical problems on your own?

12. How often do you manage your medical problems on your own?

13. In the past month, how often did you take your medications as the doctor prescribed?

14. During the past week, how many hours did you spend performing physical exercising such as jogging, fast walking, hiking, swimming, cycling, aerobics, football, soccer, tennis, etc.?

15. Do you smoke or have you recently quit?

16. Do you ever get help from others in filling out forms or reading prescription labels?



THE POWER OF OPEN COMMUNICATION...

