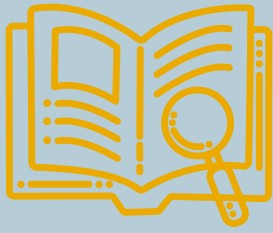


BARRIERS TO ADEQUATE MENTAL HEALTH IN OLDER ADULTS

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Defining Terms

- Health outcomes of people are impacted by health determinants, which are factors that affect the well-being of marginalized groups (Duran & Pérez-Stable 2019)



Main Goal

- We can reduce rural health disparities of older adults by identifying the behavioral determinants, social determinants, and clinic events/healthcare outcomes

Behavioral Determinants

- According to Duran & Pérez-Stable (2019), behavioral determinants can include cultural and religious beliefs
- Rural women combated their depression via self-reliance or faith
- A lack of social support system resulted in more isolation and higher depression rates
- Women in treatment stated providers did not offer many coping skills
- A common barrier to treatment was the stigma around receiving it and the lack of education about how treatments work (Snell-Rood et al., 2019)

Social Determinants

- Financial resources can influence access to health care (Brandow et al., 2020)
- A study found common themes among 24 adult residents in a rural town. It was discovered that the cost of treatments, lack of healthy food options, and lack of activities available in these rural areas were common barriers to improving and maintaining their health (Hedge et al., 2018)

Clinic Events/Healthcare Outcomes

- Rural areas have a 55% shortage of mental health providers (Dautovich et al., 2014)
- Bocker et al. (2012) found that 71% of older adults said PCP appointments were too short to diagnose/discuss mental health disorders (Bocker et al., 2012)
- 40.1% of rural Ohio residents said they were somewhat satisfied or not at all with provider courtesy (Morrone et al., 2021)

Call to Action



- It is important to further research within this population and geographical location, educate the public and providers about how mental health presents in older adults and the treatment options available, find ways to recruit and maintain specialty providers in these regions, advocate for more funding for specialized resources and outreach programs, and lastly, increase services in rural areas

