
Everyday Issues and Your Health

Many things in your daily life impact your health. Anything that affects your comfort, safety, and well-being also affects your overall health. This can include housing, transportation, money issues, access to food, and child care.

Below are questions about some basic, everyday issues that you may be dealing with right now—along with where to find help. If you're having problems in these or other urgent areas, also talk with your healthcare team. They are there to help you. They can assist you with local resources. Or they may have a staff person who can work with you.

Housing issues

What kind of housing do you have right now?

- I rent or own an apartment or house
- I'm staying with a friend or relative
- I'm living in a shelter
- I don't have a place to live

Are you worried that you won't have a place to live in a few months?

For housing help

- Local shelters
- Local housing authority

Food concerns

Do you ever worry about not having enough food to eat?

Have you run out of food at all in the past year, and didn't have money to buy more?

Which of these describes how much food your family has to eat:

- Enough food
- Sometimes not enough food
- Never enough food

For food help

- Local food bank or pantry
- Meals on Wheels
- Salvation Army
- Supplemental Nutrition Assistance Program (SNAP)

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- Women, Infants, Children (WIC)

Transportation needs

Do you need help getting to your medical appointments?

Has lack of transportation ever stopped you from going to any of these in the past year:

- Food store or drugstore
- Doctor visit
- Job
- School

For transportation help

- Council on Aging
- Local public transportation
- Health system transportation assistance
- Health insurance transportation assistance

Money concerns

Do you sometimes run out of money by the end of the month?

Do you ever worry about not being able to pay all of your bills?

Have you had trouble paying for any of these things in the past year:

- Food
- Housing
- Medicine or medical care
- Heat, electrical bill, or water bill

For financial help

- Utility company assistance program
- Rental assistance program
- Salvation Army emergency financial assistance
- Local township trustee
- Supplemental Security income

Medical care and insurance

Is there a healthcare provider whom you see regularly?

Do you have health insurance or a medical card?

Do you ever put off getting medical care because of the cost?

For help with medical care and insurance

- Medicare or Medicaid
- Health system insurance navigator
- Health system financial assistance
- Extra Help or Qualified Medicare Beneficiary

Childcare needs

Have you had trouble getting child care in the past year?

Does not having child care make it hard for you to work or attend classes?

For help with child care

- Head Start
- Faith-based childcare services
- State childcare assistance
- Employer or school-based childcare assistance

Exercise options

Is there a place nearby where you can exercise safely?

Are you able to exercise indoors in bad weather?

Do you have another person or a local group to exercise with?

For help finding free exercise classes

- Local library
- Local YMCA or JCC
- Local community center or senior center
- Local parks and recreation department
- Local religious groups

Other concerns

Do you have any urgent needs right now?

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- I don't have food
 - I don't have a place to sleep
 - I don't feel safe
 - Other

For more help

Talk with your healthcare team if you have any urgent concerns. They can work with you to get you the help you need.