



# SAMPLE LIST OF BARRIERS ADDRESSED BY HEALTH NAVIGATORS

| Access to Care   | Cultural  | Dependent Adult  | Dependent Children   | Financial  | Functional   |
|--|---|--|--|--|--|
| <ul style="list-style-type: none"> <li>• Access to Genetics</li> <li>• Care Coordination (referrals/office visits, etc.)</li> <li>• No Health Provider</li> <li>• Other</li> </ul>   | <ul style="list-style-type: none"> <li>• Health Beliefs/Behaviors</li> <li>• Practitioner Beliefs/Behaviors</li> <li>• Religious Beliefs/Behaviors</li> <li>• Other</li> </ul>  | <ul style="list-style-type: none"> <li>• Alzheimer's</li> <li>• Disabled</li> <li>• Full time care needs</li> <li>• Issues caring for them</li> <li>• Other</li> </ul>               | <ul style="list-style-type: none"> <li>• Disabled</li> <li>• Full time care needs</li> <li>• Issues caring for them</li> <li>• Other</li> </ul>        | <ul style="list-style-type: none"> <li>• Clothing assistance needed</li> <li>• Fixed income</li> <li>• Food assistance needed</li> <li>• Low Income</li> <li>• No income</li> <li>• Rent/Mortgage assistance needed</li> <li>• Utilities assistance needed</li> <li>• Other</li> </ul>   | <ul style="list-style-type: none"> <li>• ADL assistance needed</li> <li>• Disabled</li> <li>• Independent</li> <li>• Mobility issues (cane, walker, wheelchair)</li> <li>• Recent fall/falls</li> <li>• Other</li> </ul> |
| Health Literacy  | Health Management   | Housing  | In-Home Care   | Insurance/Insurance Literacy   | Language   |
| <ul style="list-style-type: none"> <li>• Acute MI education</li> <li>• Arthritis education</li> <li>• Cancer education</li> <li>• Cholesterol/Blood Pressure education</li> <li>• COPD/Emphysema/Asthma education</li> <li>• Depression education</li> <li>• Diabetes education</li> <li>• General health education</li> <li>• Heart failure education</li> <li>• Nutritional education</li> <li>• Survivorship/Wellness education</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• Dental</li> <li>• Dietary Support/Nutrition</li> <li>• Hearing/Auditory</li> <li>• Nutrition</li> <li>• Smoking</li> <li>• Vision</li> <li>• Weight management</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• Homeless</li> <li>• Inadequate housing</li> <li>• Shelter</li> <li>• Unsafe housing</li> <li>• Utility problems</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• Companion care</li> <li>• Home health care</li> <li>• Hospice</li> <li>• Pet care</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• Doesn't understand what coverage entails or requires/never had insurance (including Medicaid) before</li> <li>• High deductible plan</li> <li>• No insurance</li> <li>• Under insured</li> <li>• Does not cover DME</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• English is not first language</li> <li>• Illiterate</li> <li>• Unable to speak English</li> <li>• Other</li> </ul>  |

| Legal   | Prescription   | Psycho-Social   | Supplies   | Support   | Transportation   |
|---|--|---|--|---|--|
| <ul style="list-style-type: none"> <li>• Advance directive</li> <li>• Child abuse</li> <li>• Elder abuse</li> <li>• Power of attorney</li> <li>• Social Security</li> <li>• Medicare</li> </ul>         | <ul style="list-style-type: none"> <li>• High co-pay plan</li> <li>• Limited Rx plan</li> <li>• No Rx plan</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• Alcohol Abuse</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Drug abuse</li> <li>• Fear</li> <li>• Peer/Family pressure</li> <li>• Poor coping skills</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• DME</li> <li>• Diabetic</li> <li>• Ostomy</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• Caregiver Support</li> <li>• Coping/Emotional</li> <li>• Minimal family support</li> <li>• No family support</li> <li>• Spiritual support</li> <li>• Unsafe family support</li> <li>• Other</li> </ul> | <ul style="list-style-type: none"> <li>• Limited vehicle access</li> <li>• medical transport required</li> <li>• No driver's license</li> <li>• No gas money</li> <li>• Unable to drive due to illness</li> <li>• Other</li> </ul> |
| Work  |  |   |  |   |  |
| <ul style="list-style-type: none"> <li>• Fear of losing job</li> <li>• FMLA</li> <li>• Lost job due to illness</li> <li>• No sick time</li> <li>• Physically unable to work</li> <li>• Other</li> </ul> |  |   |  |   |  |