

Social Prescribing Model: IPC Health Partnership Program

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Here are 3 Key things you may want to know about Social Prescribing.

1 - Social Prescribing is a partnership program delivered by IPC Health with the North Western Melbourne Primary Health Network, Australian Health Policy Collaboration at Victoria University and Brimbank City Council which will be piloted at our Deer Park campus. The Social Prescribing pilot project will be co-designed with staff, clients and community partners as we move into early stages of implementation and feasibility testing at IPC Health.

2 - Social Prescribing is an integrated model of care that links clinical care and community services. It is an innovative way of improving health and wellbeing outcomes for the community. It complements traditional forms of medical and health care to help our clients who have social and wellbeing needs that can't be met by the health system. This could include things like not eating well, finding it hard to exercise, wanting to quit a habit that is making you feel bad, struggling with child care or parenting, housing or legal issues, feeling lonely or wanting to connect to people with similar interests.

3 - Identified clients will be given social prescriptions with their clinical prescriptions. They will be referred to a Social Prescribing community link worker who will work with the client to set personal goals and link them accordingly to programs and services in the community. A social prescription can involve a variety of activities which are typically provided by a voluntary or community organisation and aim to build participation, confidence and skills. These activities could be volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

