

## Social Prescribing Initiatives: IPC Health Social Prescribing

IPC Health have been piloting a Social Prescribing program in partnership with the North Western Melbourne Primary Health Network, Australian Health Policy Collaboration at Victoria University and Brimbank City Council.

The social prescribing program is a free service available through IPC Health's Deer Park campus. GPs or health providers can refer a person to an in-house IPC Health "Community Link Worker" to discuss their daily life and things that may affect health and well being. These may be things such as social isolation, not eating well, finding it hard to exercise, struggling with child care or parenting, housing or legal issues, or wanting to connect to people with similar interests.

A Social Prescription could be anything from joining a local community group, exercise group or parenting support, to receiving financial help.

The Community Link Worker works with the client to set achievable goals, decide what action they could take, and link them with appropriate community groups or services. The Community Link Worker maintains contact with the client over time to offer support and encouragement.

Source: <https://www.ipchealth.com.au/social-prescribing/>

<https://adma.org.au/wp-content/uploads/2020/05/IPC-Social-Prescribing-Model.pdf>

<https://adma.org.au/social-prescribing-case/>