

Social Prescribing Initiatives: Merri Health

Service: Living Well Ageing Well - Meaningful connections for people 50 years and over to promote healthy ageing

Main Component: A pilot program to enhance social connectedness and community participation among people aged 50+ who may be experiencing, or at risk of, social isolation and or loneliness. This may include the provision of information, resources, education, skills development in activities of daily living, short term case management, referrals for additional supports to decrease barriers to social engagement, use of community connectors to facilitate access to community participation, social groups and/or pathways to volunteering.

Who is this for? Older Adults aged 50+ residing within Moreland and Hume LGAs

Outcomes: Within a social prescribing model of health and co-design process in partnership with consumers, increase opportunity for community participation and address barriers to social engagement for people aged over 50 to reduce loneliness and the physical and mental health risks associated with social isolation. A pilot program until June 2022.

Organisations-involved: Merri Health and partners

Keywords: Facilitated Access, Social Prescribing, Living Well Ageing Well, loneliness, social isolation, older adults

Link: <https://www.merrihealth.org.au/services/aged-care/healthy-ageing-at-50-plus/>

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