

## Social Prescribing for Injured Workers Pilot Program Accepting referrals from May 2017

### What is it?

This pilot program, operating from May to October, 2017, aims to improve the wellbeing and social participation of injured workers who have been unable to return to work or who have returned to work on reduced hours. A simple script will provides your patients with access to:

- **Ways to Wellbeing**— a program that identifies injured workers social, welfare, and wellbeing needs and links them to appropriate services
- **Well Together**— a specialised program providing supported social participation groups to build wellbeing, inclusion and resilience. Activities may include art classes, yoga, social groups, meditation, exercise and nutrition classes, health education, and gardening.

### What types of services can patients access?

PCCS Link Workers will undertake home based assessment, customised action planning, referral to appropriate locally based (public and private) services, run social participation groups and provide follow-up.

A range of social support services will be available and may include:

- **Social participation groups** such as art classes, music, tai chi and yoga, and more
- Linking to **financial and community** services
- Develop **support networks** and engage with **existing supports**
- Locating **volunteer opportunities**.

### Who can be referred?

Eligible participants are people who have been unable to return to work or who have returned to work on reduced hours and:

- have psychosocial needs that are impacting their quality of life
- would benefit from linking to a range of services to meet their practical, social, and wellbeing needs
- would benefit from increased social participation.

### How to participate?

GPs practicing In the Metropolitan Sydney area can refer patients **between May and 31 October 2017 for the pilot program.**

All you need to do is:

1. Assess your patient for eligibility.
2. Refer your patient to the program using the **Plus Social Referral Form**.

**For further information:** visit us at [www.pccs.org.au](http://www.pccs.org.au)  
call on **9477 8700** or email [referral@pccs.org.au](mailto:referral@pccs.org.au)

# FACT SHEET

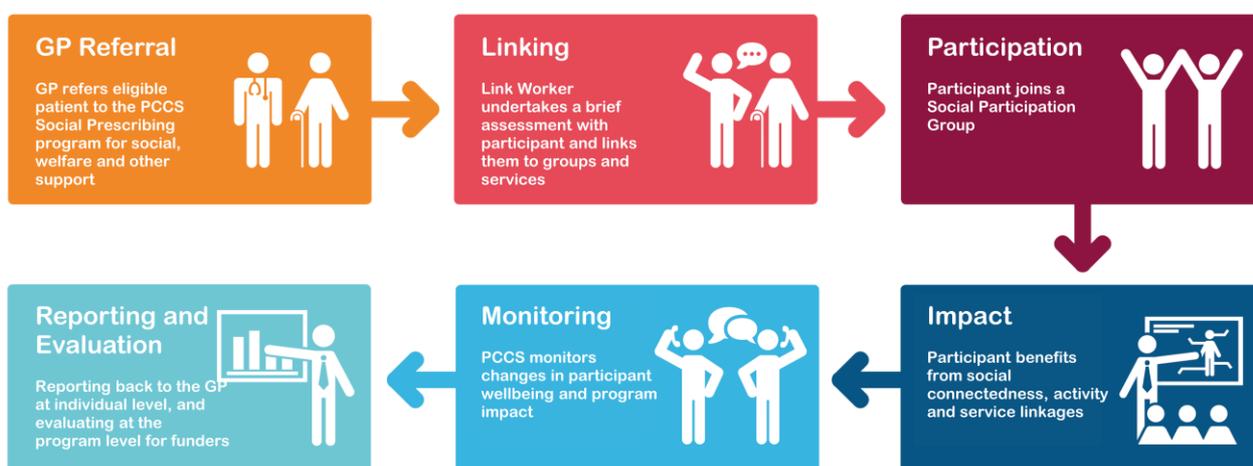
## Prescribing for Injured Workers Pilot Program

Social Prescribing provides GPs the facility to prescribe non-medical services that are not available in the current health system, and aims to improve patient health and wellbeing.

It adopts social models of care that link patients in the primary care setting with sources of support from within the community.

Primary & Community Care Service's Social Prescribing for Injured Workers Pilot Program is **accepting referrals from May to 31 October 2017**. It will link participants to social activities and other services based on their needs. The pilot's aim is to engage injured workers in social prescription to improve their wellbeing, social participation and self-reported readiness to return to work.

### How does it work?



### Benefits of Social Prescribing

For Practice	For Patients
<ul style="list-style-type: none"> <li>• Additional tool for GPs to support patients</li> <li>• Helps address social determinants of health, isolation, loneliness</li> <li>• Frees up GP to focus on medical needs, with support to address patients' needs</li> <li>• Connects to services provided by NGOs, social and welfare services</li> </ul>	<ul style="list-style-type: none"> <li>• Improved wellbeing and quality of life</li> <li>• Improved mental and physical health</li> <li>• Empowerment – better able and more confident to manage their conditions</li> <li>• More self-confidence through increased social participation</li> </ul>

### Evidence for Social Prescribing

There are more than 30 international studies on Social Prescribing that have shown individual improvements in general health and mental wellbeing. Evidence behind Social Prescribing programs is well established in the UK, US and other OECD countries, indicating the model is especially relevant for marginalised groups. The potential to improve treatment and recovery for injured workers is very promising.

