



A Partnership
Platform

Shared
Vision for
the Growing
North

SOCIAL PRESCRIBING

Actively addressing the health and social needs of our community

A holistic approach to improving health and wellbeing in the northern growth corridor

HOW DOES IT WORK?

Social prescribing addresses the health and social needs of individuals and communities through support services. It is sometimes referred to as 'community referral' or 'non-medical prescribing'.

GP's and allied health care professionals refer patients to a range of local and non-clinical services.



THE SCIENCE BEHIND THE ISSUE



There are stark health inequities that exist. Those that are less affluent and less educated have more health-related problems and earlier mortality. Research indicates that we tend to underestimate the relevance of social factors such as loneliness, social isolation and more broadly the social determinants of health.

AVAILABLE SUPPORT SERVICES

Patients that receive social prescribing through a referral pathway can: get access to affordable housing, manage financial stress, increase health literacy skills, employment opportunities, access to community legal services



LOW COST HIGH IMPACT



It improves the life circumstances including: housing, employment and income. Social prescribing is shown to greatly reduce GP waiting times. It has also been shown to improve social connections by increasing the self-esteem, confidence by creating a sense of self improvement.

WHAT YOU AS AN ORGANISATION CAN DO?

POLICY: Social prescribing needs to be implemented as part of the prevention strategy and incorporated in long term health planning.

PRACTICE: Implement screening tools to identify those in need of social prescribing

RESEARCH AND EVALUATION: Research programs need to be developed that explore the long term positive impacts that referral pathways have on clients.

ADVOCACY: Increase health education awareness around its societal benefits