



A social prescribing service to address your patients' barriers and non-medical needs

About the program

Social Rx is a short-term program (up to 12 weeks) provided by Primary & Community Care Services, which is designed to link your patients to locally available support services and community based resources using a social prescribing approach.

Who is eligible?

Social Rx is provided at no cost to anyone over 18 years who:

- ✓ has or is at risk of developing, a long term health condition (including mental health), or
- ✓ is experiencing social isolation or loneliness, or
- ✓ needs practical help with issues that could significantly impact on their health and wellbeing like housing issues, food security, lack of access to aged care or disability supports, domestic violence, financial stresses, low physical activity or any other significant stressors.

***Social Rx** is not intended for people who already have access to other long term supports like the NDIS, psychosocial supports or are living in a RACF.

- 📍 Our region stretches from Helensburgh in the north, past Eden to the Victorian border in the south, and inland to Cooma/Monaro, Queanbeyan, Yass and Goulburn.

Why Social Rx?

Socioeconomic factors have a significant impact on health and health service usage. Primary care providers have less access to services like social work and community connections to address the social determinants of health, such as housing, social and community networks, family relationships and other socioeconomic factors.

Social Rx is designed to address siloes between health and social systems, providing practical supports and linking people to the community resources and supports they need, working together to get the best outcome possible.

What is Social Prescribing?

Social prescribing is a model of care that involves Link Workers assessing and referring people with health and psychosocial needs to non-medical and community based services that assist in reducing isolation and disadvantage.

In November 2019 the **RACGP Social Prescribing Roundtable** recommended incorporating social prescribing into the Australian Government's primary healthcare and preventive health strategies to ensure a more responsive and comprehensive patient-focused health system.



How can Social Rx help?

A **Social Rx Link Worker** (social worker) can assist your patients when non-clinical support is needed and we will keep you informed of progress (via Healthlink) as we work with your patient to identify **meaningful goals and a personalised plan to address their non-medical needs.**

Our team can assist with things like:

- ✓ **Support to Access Government Services** like support with applications for the NDIS, My Aged Care, NSW Housing and Centrelink
- ✓ **Physical Activity Programs** like walking groups, chair yoga, lawn bowling, Healthy Weight for Life (including online groups people can do at home)
- ✓ **Healthy Lifestyle/Food Programs** like Meals on Wheels, food banks and cooking groups
- ✓ **Social Programs & Services** like art classes, book clubs, coffee clubs, knitting groups, community centres

How can I refer?

Simply download and fill out the referral form from pccs.org.au/social-rx and fax it to 1300 067 747 or secure message it to HealthLink EDI: gpsocial

Contact PCCS

📞 (02) 9477 8700

✉️ enquiries@pccs.org.au



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