

'I'm now connected to the right services which has improved my life and health.'

'I feel like things will now start to happen for me.'

Plus Social participant

How to join Plus Social

You may be suitable to join Plus Social if you have a workplace injury under the NSW Workers Compensation Scheme:

- and have been unable to return to work
- or have returned to work at reduced hours.

Speak to your case manager who will assess your suitability. Once a referral form is completed, a Link Worker will contact you directly.

Your Link Worker Cares

Participants in the Plus Social program are allocated a dedicated Link Worker who will listen, identify your current needs, and support you to make connections with local services and community groups.

Our highly qualified Link Workers are experienced in the health care sector and genuinely care about improving your quality of life.

'My Link Worker helped me to change my mindset.'

'It was wonderful to have someone I could talk to and feel heard'

Plus Social participant

For more information

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Plus Social program for people with a workplace injury

Injured at work?

Plus Social can link you to support services and community groups to complement your medical recovery

PCCS Australia's leader in social prescribing

Plus Social
Empowering individuals, building communities

Practically supporting wellbeing

How Plus Social can help you

Plus Social helps people with a work injury who haven't made a full return to work. Our program is free to suitable people with a workplace injury and works alongside your existing medical care.

Research shows that participants in the Plus Social program experience a huge improvement in their overall quality of life as well as a decrease in pain, loneliness and psychological distress.

Some of the benefits of Plus Social are:

- ✓ emotional support
- ✓ increased coping skills
- ✓ empowerment
- ✓ increased social connection
- ✓ reduced loneliness
- ✓ improved mood
- ✓ confidence
- ✓ ability to return to work



'The group has given me more courage, self-belief, support, encouragement, fun and purpose.'

Plus Social participant

How Plus Social works

Through Plus Social, a qualified and experienced Link Worker will connect you to local support resources. This allows you to tap into a large network of social and health-related supports such as:

- social and community services
- financial counselling
- housing assistance
- interest groups, art, photography, cooking and gardening.

Accessing Plus Social is simple!

- 1 **Talk to your case manager and get a referral**
- 2 **Meet your Link Worker**
- 3 **Talk about what you want to achieve**
- 4 **Get connected with local services**
- 5 **Begin your group activity and get social!**
- 6 **Follow up with your Link Worker**

Some questions answered

Q | My doctor is already taking care of me. Why do I need the Plus Social program?

The program does not replace your doctor or health professional. It is also not a rehabilitation program or Return to Work program. Our Link Workers work with you to identify and address your social, emotional and practical needs.

Q | I'm currently participating in other health programs. Is this the same?

No. Plus Social can complement your current health and social support services. We will link you to appropriate local community services based on your identified needs.

Q | How long does the program run for?

The program runs for up to 12 weeks and is delivered by Primary & Community Care Services (PCCS). At the end of the program, your Link Worker will talk with you about next steps.

Q | Do I have to go anywhere to participate?

Yes. You will be encouraged to engage with relevant local support services. This will enable you to tap into a large network of social and community services such as relaxation, cooking, art and photography classes, health education, financial counselling and housing assistance, with the aim of improving your health and wellbeing.

Q | How much does it cost?

The program is free for suitable participants in the NSW Workers Compensation Scheme.