

Donegal Social Prescribing for Health & Wellbeing

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Social Prescribing for Health & Wellbeing

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<https://www.youtube.com/watch?v=a-f3tKQICSg>

Social Prescribing for Health & Wellbeing

Definition:

The structured application of supports and interventions aimed at improving and protecting an individual's health and wellbeing

In practice it has evolved locally to include access to improved social contact, physical exercise, hobbies and retraining

Who is it for?

- Anyone over 18
- Lack of social support
- Unemployed/isolated/excluded
- Social consequences of disability or illness
- Lack of opportunities for personal development
- Coping but experiencing mental distress
- Frequent GP attenders

Donegal Social Prescribing for Health & Wellbeing

Report; Care Options in Primary Care

Consultation

- GPs
- Primary care Teams
- Community and Voluntary sector

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Features of the Programme:

- Not counselling
- Person centred
- Ongoing support for participants
- Helps removes barriers to inclusion
- GP always informed
- Simple referral process
- Managed by local Primary Care Team Partnerships

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Referrals from...

- GPs
- CMH team
- Social Workers
- Community Psychiatric Nurse/OTs

- PHNs
- Dieticians
- Family Resource Centre
- Physiotherapists
- Self referral

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- Stress Control/Management
 - Personal Development
 - Counselling
 - Community Gardening
 - Walking & Fitness Groups
 - Library – self help books
 - ETB – Back to Education
 - Leisure Courses - FRC
- Parent Stop – Family Support
 - Social Dancing
 - Citizen's Information Service
 - Men's Sheds
 - Social Leisure Groups
 - Women's Groups
 - A.A & Addiction Services
 - Driving lessons

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for Health & Wellbeing Pathway

Primary Care Team members identify persons who could benefit from Social Prescribing (SP), refer person onto SP co-ordinator and inform GP. A person can also self refer.

SP co-ordinator meets with person and discusses needs and SP options

SP Co-ordinator supports initial engagement with option chosen

SP Options in Donegal Include:

- Men's Sheds
- Walking Groups
- Green Prescription
- Books for Health
- Stress Control Workshops
- Community Gardening
- Support Groups

SP Co-ordinator meets with person to review progress after a number of weeks

SP Co-ordinator holds final meeting with person to discuss future planning for mental health protection and health and wellness promotion. Feedback given to referrer who retains clinical responsibility

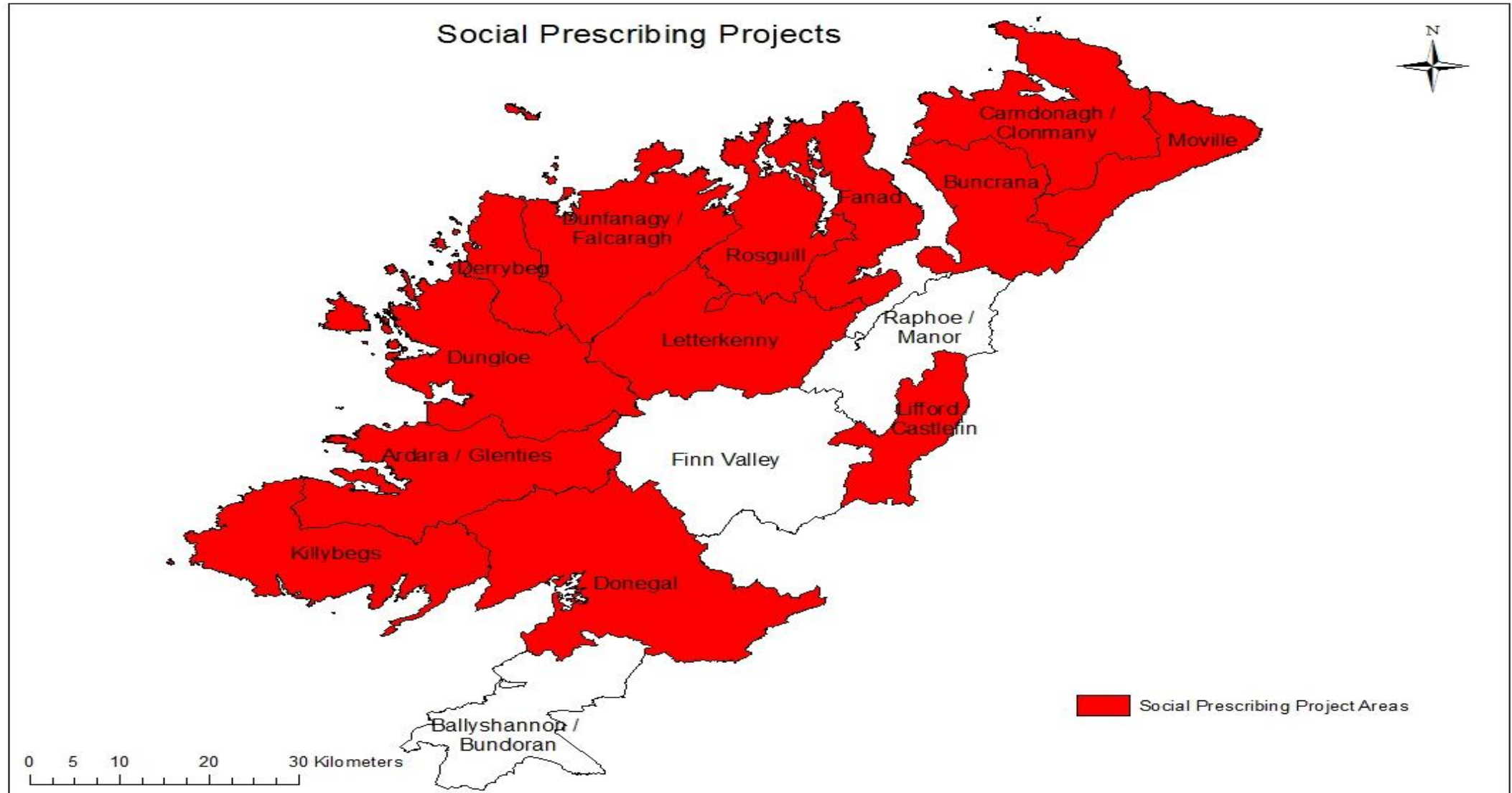


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Feed back policy:

- The GP is informed by letter
- Initial response is sent to referral agent to confirm person has engaged
- Further feed back at 3 months

Social Prescribing Programme Locations



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Outcomes of Donegal Social Prescribing:

- Approx 600 participants engaged with the programme between Sept 2013 and June 2016
- Evaluation carried out by the Clinical Psychology Department from Sept 13 – Sept 14

Project Evaluation Tools

Demographic Questionnaire

- This covered age, gender, relationship status, education, medication and self reported general health and community involvement

Hospital and Anxiety Scale (HADS)

- This is a self-assessment scale containing 14 questions developed to detect states of anxiety and depression

WHO (Five) Well-Being Index

- This measures subjective quality of life based on positive mood (good spirits, relaxation), vitality (being active, waking up rested) and general interest (being interested in things).

Of the 119 people who took part in the evaluation.

- 69% Female, 31% Male
- 80% unemployed
- 80% in receipt of a medical card
- 71% scored over the threshold for depression
- 82% scored over the threshold for anxiety
- On average participants had 3.6 GP visits in the previous three months.

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- Wellness score increased by 33%
- Anxiety decreased by 20%
- Depression Score fell by 20%
- GP reported visits decreased
- Community Involvement had increased

Co-ordinator's Job Description

- **Build links with GPs & Primary Care Team**
- **Identify key social activities & supports in the area**
- **Network & promote the service**
- **Meet with people referred to service**
- **Support people to engage with activities identified**
- **Implement evaluation process**

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- Application process
- Expression of interest by Primary Care Team
- Promotional resources
- Working group meetings
- 6 monthly review
- Steering group
- Co-ordinator meetings/training
- Co-ordinators + Employers meetings
- Self – care support sessions

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Funding

€13k per site (12 hrs x €18 per hour)

Health Promotion & Improvement, NOSP, Social Inclusion,
PCCC & FRCs

Personal experience



 **Weight
Watchers®**



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- 43 yr old woman with depression
- Solely supporting her elderly mother who had suffered a recent stroke without support from other siblings.
- Young family and never got time for herself.
- Now attends the gym twice a week, has completed a Quality of Life programme , attended self esteem class and is now tackling the difficult conversations with siblings about everyone stepping up to the mark regarding care of her mother.

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- 56 year old woman whose marriage had broken down
 - Nurse with 3 grown up children.
 - Marriage had broken down
 - Husband's business went into receivership
 - At risk of losing her home that she had lived in for almost 30 years- still working and paying the mortgage.
 - Referred to MAB's, Stepping Stones- Personal development course.
- “No-one listens to me anymore”

USP's for Social Prescribing

- Accessible to anyone at no cost to individual
- Someone to listen, non judgementally to your story
- Opportunities for change in your local area
- People taking responsibility for their own lives but being supported as they make changes
- Practical solutions- some feel are preferential to counselling (Men in particular)
- Everyone feels vulnerable at some in their lives

