



Social Prescribing



What is Social Prescribing?

Social Prescribing involves the referral of patients by their healthcare professional to non-medical activities ranging from a local walking group, to community garden or other local programs to build peoples' social connection and wellbeing.

The Gippsland Primary Health Network (Gippsland PHN) Social Prescribing project uses Kaleidoscope; a digital platform to support community members to develop a social care plan in partnership with their healthcare professional. It helps to identify measurable goals and actions, and create social referrals to community supports.

How does it work?

Based on the patient's goals, a healthcare professional can provide the patient with a social referral to join a local community group or access a local community service or support.

A community group or service can choose to receive these referrals by email, which are digitally generated by the Kaleidoscope system. For those community groups and services that choose not to have referrals sent via email, the healthcare professional can phone or provide the patient with the details of the community group or service to the patient to follow up in their own time.

What are the benefits?

Evidence suggests that people who are active in and connected to their community are more likely to have better health. For community groups and services, this means you can make a real difference in a person's life who is feeling socially isolated while encouraging new members to your group.

How do you get involved?

If your community group or service is interested in being involved in Social Prescribing, please follow the link: [Social Prescribing – Community Directory Provider Information Form to register your details.](#)

More information

If you would like to know more about the digitally enabled Social Prescribing program visit www.gphn.org.au or email digital.health@gphn.org.au.



Kaleidoscope

Social prescribing and shared care plan co-design