

HEALTHY ME, HEALTHY COMMUNITY

A **FREE PROGRAM** TO SUPPORT PEOPLE IN PORT MACQUARIE EXPERIENCING ISOLATION OR LONELINESS TO **RECONNECT WITH COMMUNITY ACTIVITIES**

WHAT IS 'HEALTHY ME, HEALTHY COMMUNITY'?

'Healthy Me, Healthy Community' is a social support program building individual and community connections to reduce loneliness and improve wellbeing.

Each participant will be encouraged and empowered to engage or re-engage with social connection and activities of their choosing, and supported through

face-to-face meetings, virtual check-ins, supported linkages and skills building.

It includes referral, assessment, intervention and review phases. It is designed to work in partnership with medical prescriptions and/or chronic disease plans to deliver positive patient outcomes.

A SOCIAL PRESCRIBING APPROACH

"I've become rather shy over the last two years due to COVID-19, cooped up at home. It's really no good for my mental health. Ferros Care has really brought me out and given me more confidence to get back into the things I love."

SONIA, SOCIAL PRESCRIBING PROGRAM PARTICIPANT

HOW DOES IT WORK?

A Wellbeing Coach will work with eligible participants to develop a 'What Matters to Me' Plan. This will involve coaching and supporting participants to reconnect with the people and activities they love, along with possibly trying some new ways to connect too!

The program includes validated assessment tools so that goals and health outcomes can be tracked, measured and shared with relevant health professionals, in an integrated approach.

Place-based, the program makes the very best of Port Macquarie's strong third sector – purposefully linking people with community and faith-based organisations, volunteering, physical and spiritual activities, social enterprise, arts and culture and environmental activities.



PERSON EXPERIENCING OR AT-RISK OF EXPERIENCING LONELINESS OR ISOLATION

FACTORS COULD INCLUDE:

- Disconnection from family, friends, support networks and the community
- Lack of access and transport
- Community and physical activities ceased
- Chronic disease
- Decline in physical strength
- Low self-esteem



IDENTIFIED IN COMMUNITY BY A TRUSTED SUPPORT

COMMUNITY PARTNERS COULD INCLUDE:

- General practitioner
- Aged care provider
- Health professional
- Social worker
- Emergency services
- Pharmacist
- Hospital staff



REFERRAL AND INTAKE WITH FERROS CARE WELLBEING COACH

INCLUDES:

- Assessment with validated tools
- Goal setting
- Co-design 'What Matters to Me' plan
- Motivational interviewing

LINK AND SUPPORT

COMMUNITY NETWORK

- Social support groups
- Digital literacy
- Education
- Funded welfare services
- Environmental activities
- Art, craft, music and culture
- Community facilities (eg. libraries)
- Volunteer opportunities and orgs
- Gardening and outdoors
- Faith and community groups
- Physical activity
- Health literacy

OUTCOMES FOR PARTICIPANTS

- Connection with family and friends
- More active
- Healthier and back in control
- Better quality of life
- Improved mental health
- Better connected with community
- Improved confidence and self-esteem



= GOALS

IMPROVED INDIVIDUAL HEALTH OUTCOMES

REDUCED NEED FOR HEALTH SERVICES

STRONGER AND BETTER CONNECTED COMMUNITIES

WHAT ARE THE BENEFITS FOR PARTICIPANTS?

- Provides a person-centred and tailored approach, based on assessment and personalised goals
- Offers proven, sustainable mental health and wellbeing outcomes
- Empowers participants, allowing them to take back control of their health
- Focuses on a person's strengths – "what I can do?" rather than "what's wrong with me?"

WHO IS ELIGIBLE FOR HEALTHY ME, HEALTHY COMMUNITY?

This program will be a great fit for those residing in the Port Macquarie region, aged 18 or over, not experiencing acute mental health illness and who seem to be:

- Experiencing loneliness or a sense of isolation
- Seem to be losing confidence and feel worried about re-connecting with community activities
- Missing social or physical activities that they used to enjoy
- Losing touch with community, friends and family

HEALTHY
NORTH COAST

phn
NORTH COAST
An Australian Government Initiative

 **feros care**
GROW BOLD

This program is funded by Healthy North Coast through the North Coast PHN program and is delivered by Feros Care.

HOW MUCH DOES IT COST?

This program is funded by Healthy North Coast through the North Coast PHN program, and is delivered by Feros Care, and therefore free and of no charge to participants in the Port Macquarie region.

Costs associated with participating in social groups, community or physical activities and services of their choosing are their responsibility.

WHY FEROS CARE?

We're Feros Care. And what we care most about is helping people live healthier, happier, better-connected lives. For over 30 years, we've been making it happen, both for older Australians and people living with disability.

Our aged care and disability support services can help in many ways, whether it's through home care, residential and respite care, clever technology to make life easier, assistance in accessing community activities, coordination of local NDIS services, or one of our growing number of allied health and wellness solutions.

As an organisation, we pride ourselves on innovation. We anticipate the future and set ourselves ambitious goals so that we can not only meet customer and client needs but exceed all expectations.



ARE YOU A GP WANTING TO REFER?

You can refer a patient through Medical Director, Best Practise, fax – 1300 850 770, email – hmhc@feroscare.com.au, or by filling out the form at feroscare.com.au/hmhcreferral where referral forms and other program resources can also be downloaded.

Additional information is also available on Health Pathways.

ARE YOU A CLINICIAN WANTING TO REFER?

You can refer a patient via fax – 1300 850 770, email – hmhc@feroscare.com.au, or by filling out the form at feroscare.com.au/hmhcreferral where referral forms and other program resources can also be downloaded.



LEARN MORE

To learn more call 1300 987 215, visit feroscare.com.au/hmhcreferral or scan the QR code.