

# Social Prescribing



Making a difference to patients.



## Meet the Team

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# What is Social Prescribing?

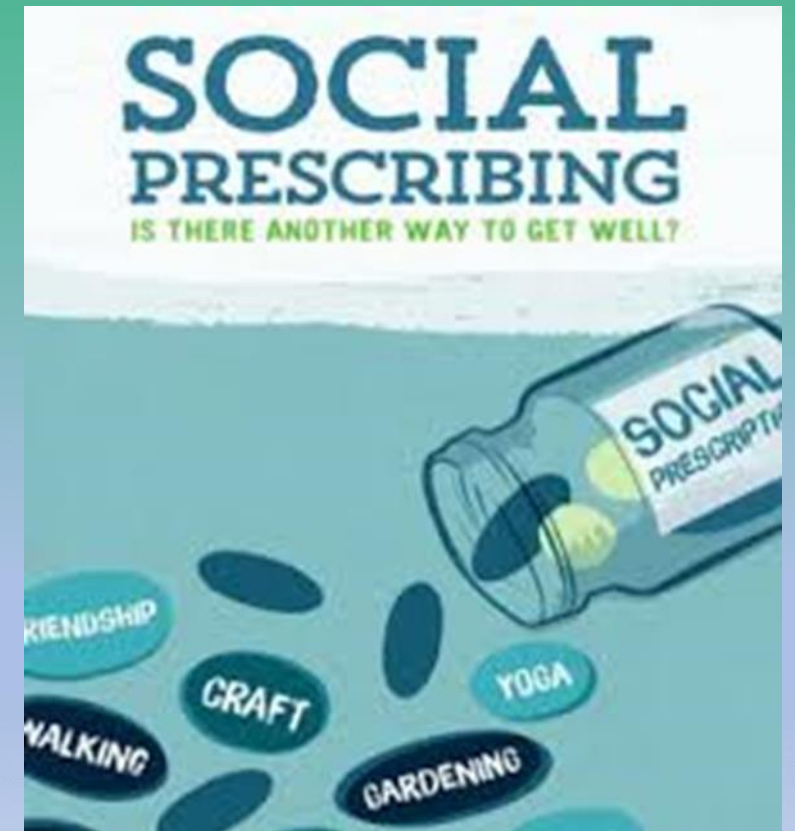


“There is not a pill for every ill”

Simon Stevens.

Social Prescribing is enabling patients to co-design a social prescription to improve their health and wellbeing.

A different prescription – Your doctor isn’t the only one who can help you feel better!





# SOCIAL DETERMINANTS OF HEALTH

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact on our health and wellbeing.



Childhood experiences



Housing



Education



Social support



Family income



Employment



Our communities



Access to health services

Source: NHS Health Scotland

# What can patients expect from a social prescriber?



- F2F/Home Visit/Telephone - tailored to the individual & their needs
- Number of sessions – tailored to the individual & their needs.
- Conversation based, usually 1hr.
- Health coaching approaches
- Well being plan – setting goals
- Personalised care approach





# Case Study



## Mr T

59 year old

Multiple health issues

Non-engager "I am OK"

Family distance away

Poor health, poorly controlled diabetes

Poor mobility

Poor mental health

Not able to manage daily living

No social interactions

Lived on bed

Cardiac arrest led to hospital admission

House flooded

### Multiple interventions:

Liaised with housing department

Sourced replacement furnishings

Signposted to food bank

Signposted to local groups

### Results:

New housing

Interacting with neighbours

Engaging with health providers