Information for Health Professionals

Connect Local

A **FREE** social prescribing program to help your clients (65yrs+) address their non-medical needs

FREE CALL 1800 929 022

What is Connect Local?

- It's a program to address the gap between health and social systems, providing practical supports and linkages to local community services and activities, helping you help your clients.

- It involves trained Community Connectors, who will spend time with your clients to identify meaningful goals and a personalised plan to address their non-medical needs to improve their overall wellbeing.

- The Community Connector will follow up with the client to make sure that the supports/ activities are making a positive difference and keep you informed of progress.

Who is Connect Local for?

Anyone 65 years or older living in Glen Eira who:

- Has a chronic health condition.

- Wants to improve their social connections and wellbeing.

- Is experiencing or at risk of loneliness, social isolation and /or depressive symptoms.

It is not suitable for those who:

- Live in residential aged care.

- Have complex issues, including mental health conditions, that are currently unsupported.

How can Connect Local help?

It can assist your clients connect with local services and activities that help them do what matters to them. This could be:

- Social Activities like book clubs, art classes, gardening clubs, special interest and multicultural groups

- Healthy Lifestyle Programs such as exercise and walking groups, sport clubs and adult learning classes

- Volunteering opportunities

- Support Services like legal or financial advice, Meals on Wheels, grief counselling, or access to Government services.

The program is **FREE** however there may be costs for some community activities.

How can I refer? Simply fill out the referral form from connectlocal.org.au

Contact one our friendly Community Connectors today

Fax: (03) 8414 2855 ✉ enquiries@connectlocal.org.au
🌐 www.connectlocal.org.au

CONNECTING COMMUNITIES TO CARE