

# 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](http://connectlocal.org.au)



Contact one of our friendly Community Connectors today

Fax: (03) 8414 2855 ✉ [enquiries@connectlocal.org.au](mailto:enquiries@connectlocal.org.au)

🌐 [www.connectlocal.org.au](http://www.connectlocal.org.au)



**Connect Local**

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