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# **Responding to the social prescribing agenda with occupational science.**

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June 2019

# Salford Social Prescribing Hub

- Aim to improve social prescribing outcomes
- Interdisciplinary, multi-professional
- We work with partners
- We are interested in complexity
- We are interested in theory
- We develop tools and training that make a difference in practice



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# The Context

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- 1999 Saving Lives: Our Healthier Nation – advocated for the use of community structures and voluntary services.
- 2006 Our Health Our Care – Introduced social prescriptions for those with long term conditions.
- 2019 NHS Long Term Plan + Universal Personalised Care – social prescribing one of the 6 components of personalised care.
- 2019 – Introduction of funding for social prescribing link workers to be based in every GP practice.
- 2019 – AHP framework for social prescribing – to be published in July.

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# The development of the Salford Social Prescribing tool

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- The Salford Social Prescribing tool is one of the Hub projects.
- A resource for link workers, based on Occupational Science.
- Developed through co-production.
- The tool is a framework for intervention, focusing on person-centred assessment.
- The aim of the tool is to improve social prescribing outcomes.
- We consider this to be doing OT differently, through sharing our unique theory base with others.

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# We draw on a range of information and evidence relating to

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- Literature review of social prescribing with particular focus on link working
- Discussions with social prescribing practitioners and managers
- The relationship between occupation, health and wellbeing
- Social prescribing outcomes framework (NHSE & others)
- The Occupational Therapy Process
- Therapeutic characteristics of occupation
- The Model of Human Occupation

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# Any Questions?

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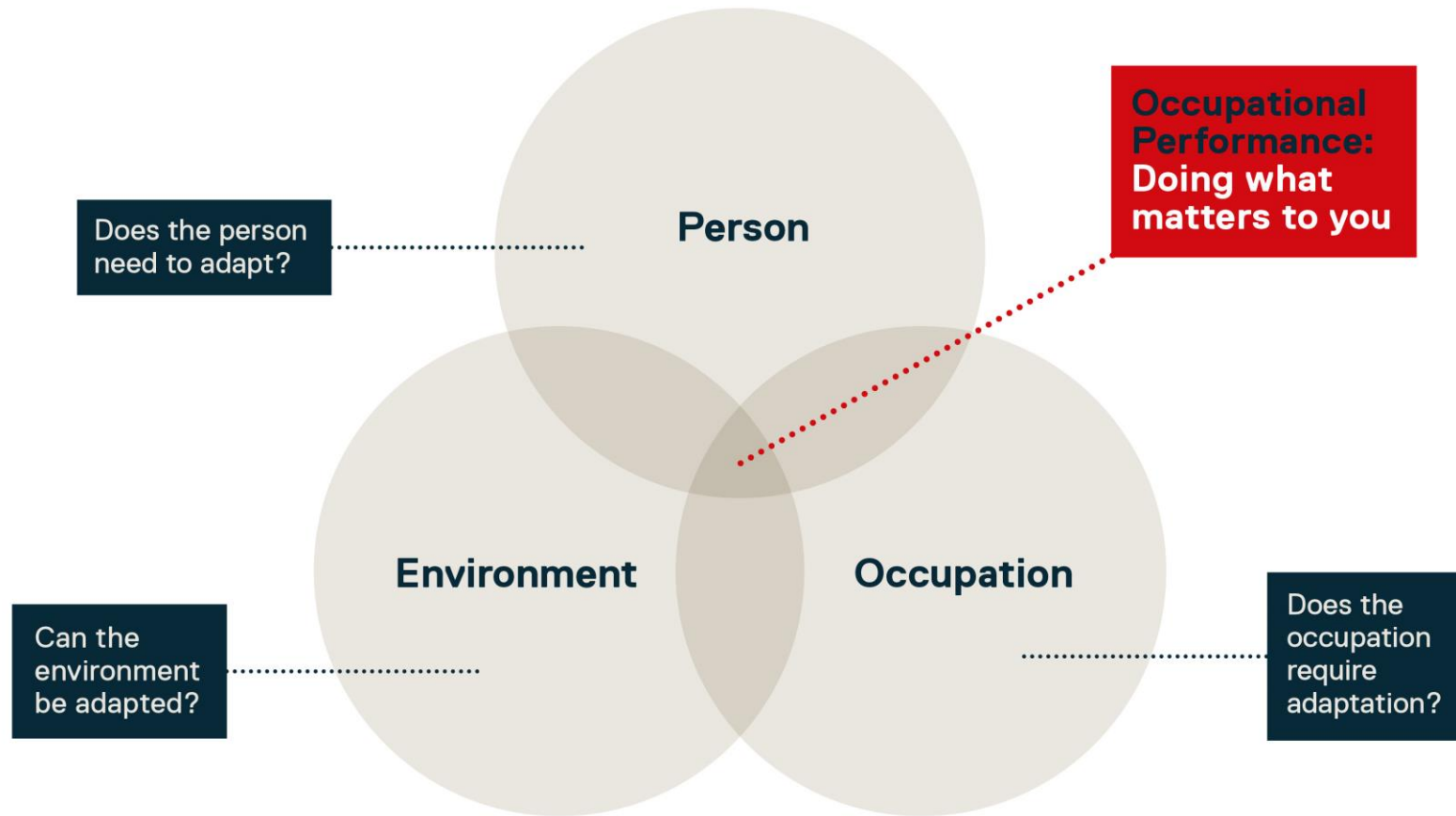
- Are occupational therapists social prescribers?
- Who owns occupation?
- Are we devaluing the OT profession through skill sharing?
- Why has there been an opening for link workers?
- Are all link workers the same?
- Is there a difference between an OT and a link worker?
- Where do complex service users seek support?
- Is this a sustainable approach?
- Where can OT contribute?

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# Our Theoretical framework: PEO model (Law et al., 1996)



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How well we are able to engage people in social prescriptions is the result of a complex transaction of a person in an environment carrying out an occupation.

# The training

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- The aim of the training is to teach the underlying theory, thereby enabling link workers and others to fully optimise the benefit of the assessment tool and framework by understanding the relation between a person, environment, occupation and wellbeing.
- Training can be bespoke to the needs of the learners.
- So far we have tested a three hour face to face class with experienced link workers (Salford Community Connectors).
- We are preparing an online resource.

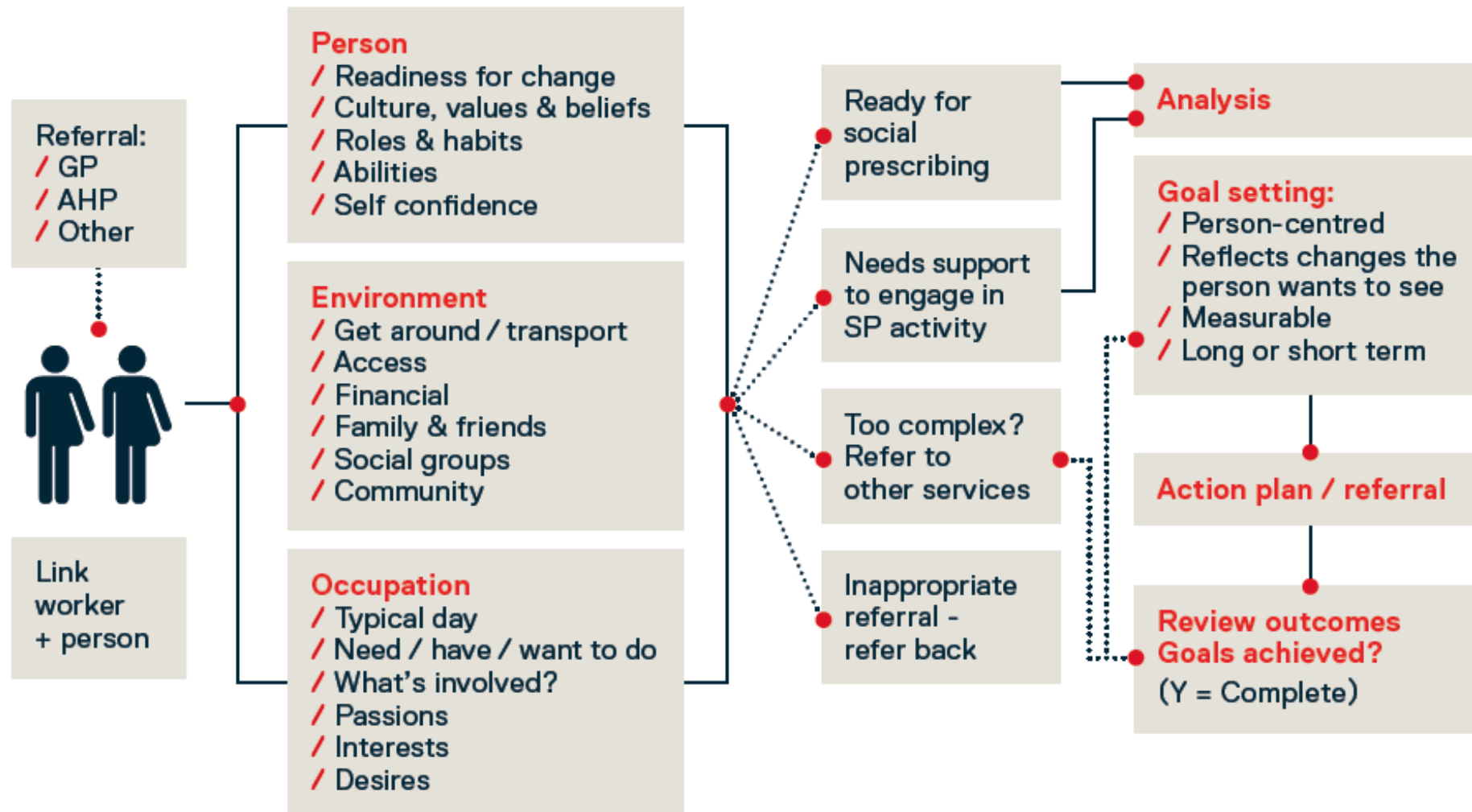
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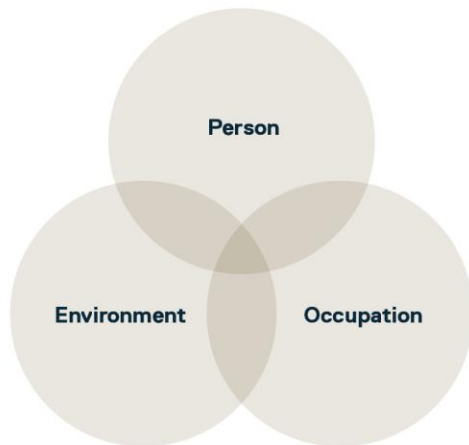
# The framework



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## Person

### *Things to consider*

- / Readiness for change
- / Culture, values & beliefs
- / Roles & habits
- / Abilities
- / Self confidence

### *Example questions*

- / Why are you here?
- / What are you good at?
- / What roles/responsibilities do you have?
- / What's important to you?
- / What are the things you find difficult?
- / How do you feel about being part of a group?
- / Do you believe you can be successful?
- / What's stopping you from doing what you want?
- / How satisfied are you with your life?

## Environment

### *Things to consider*

- / Get around / transport
- / Access
- / Financial
- / Family & friends
- / Social groups
- / Community

### *Example questions*

- / Where do you go regularly, how do you get about?
- / What makes it difficult for you to access certain places or services?
- / Who do you see or have contact with (and how often)?
- / Are you part of any groups?
- / Who/what around you makes you feel safe/content?
- / How satisfied are you with your environment?

## Occupation

### *Things to consider*

- / Routine
- / Choice
- / Control
- / Passions
- / Interests

### *Example questions*

- / Describe a typical day/week
- / How do you feel about your [daily/weekly] activities?
- / How much choice do you feel you have in what you do?
- / How satisfied are you with what you do?
- / What do you love doing?
- / What keeps you going / makes you happy?
- / How would you like things to be different?



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# Prototype testing feedback

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- Link workers have told us they now think differently about their role, as a result of the tool & training.
- The tool has helped “centre” them in sessions, and in building a relationship with the person.

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# The response from the wider OT community

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# Next steps for us

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- Digitise the tool within the Elemental platform
- Look for more testing partners – currently exploring links with NWAS, Tameside Integrated Care, etc
- Embed in other hub projects, e.g. RHS
- Secure research funding for continued evaluation
- Evaluate the training; develop and market
- Continue to advocate for Occupational Therapy intervention for those with the most complex needs

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# Any answers?

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# Selected references

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# Contact

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