

## How does the Enhanced Care at Home Social Prescribing service work?

We will first contact you by telephone and find out what matters to you then arrange a place and time to meet with you. This could be in your home, community venue or your GP's surgery.

When you meet with your social prescribing link worker we will work together on a personalised plan based on what matters most to you.

We will never turn up without making an appointment and contacting you first unless we haven't heard from you and are concerned for your welfare.

We will always wear an ID badge.

You will plan with your link worker how many sessions you might need, which can be between 6 and 12 sessions. This will be led by you and you can opt out of the support and service at any time.

### Enhanced Care at Home SP

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## Enhanced Care at Home Social Prescribing Service



Social  
Prescribing Service

## What is Enhanced Care at Home Social Prescribing?

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Enhanced care at home is an approach to support people in a very person-centred way to improve their health and wellbeing.

We know that people's health and wellbeing can be affected by a whole range of factors. Enhanced Care at Home takes these factors into account, and aims to support individuals to take greater control of their own health and wellbeing.

The NHS has identified that this approach can help some of the millions of patients attending their GP practice each year to live a happier healthier life.

## Who is eligible for support from Enhanced Care at Home Social Prescribing?

You will need to:

- ♥ Live in Sefton
- ♥ Frail, elderly and aged 65+
- ♥ A recent hospital discharge



## What support can Enhanced Care at Home Social Prescribing provide?

Enhanced Care at Home can help you get more out of life by supporting you with non-medical issues that may be affecting your health and wellbeing.



As part of our service we work with the Enhanced Health at Home Care Coordinators who will support you with the health elements of your support.



Part of our service is connecting people to a wide range of services and community-based activities such as:

- ♥ Befriending
- ♥ Wellbeing activities
- ♥ Learning new skills
- ♥ Meeting new people
- ♥ Signposting to specialist services such as benefits and housing advice.



With a good knowledge of services in the local community, we can help find something that is right for you