



Footprints Community is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. Footprints specialise in working with older people, those that experience disability, mental illness, as well as those who are at risk of homelessness.

Footprints adopts a non-discriminatory practice and working alongside people with respect and dignity, to enhance their capacity to live independently in the community, is integral to our service.



Change Futures is a registered charity providing mental health services to a range of client groups including older persons living in the community. Change Futures works in partnership with its clients, staff, volunteers, funders and other organisations.

We value authenticity, individuality, and kindness, as well as our ability to reflect on our practice and seek to always achieve positive change.

The Social Wellbeing Program has been developed to address the needs of older Australians experiencing social isolation and loneliness as a result of COVID-19.

Footprints is committed to supporting vulnerable communities to overcome the impact of COVID-19.

Contact us:

P: 07 3252 3488

F: 07 3252 3688

[www.footprintscommunity.org.au](http://www.footprintscommunity.org.au)

P.O. Box 735 New Farm QLD 4005

STAY CONNECTED WITH US



This service is supported by funding from the Australian Government through the PHN Program.

SEPTEMBER 2021



# SOCIAL WELLBEING PROGRAM

*A partnership between  
Footprints Community and Change Futures*



## ABOUT THE SOCIAL WELLBEING PROGRAM

The Social Wellbeing Program (SWP) is a partnership between Footprints and Change Futures to ensure the care of older people who are experiencing, or at risk of experiencing social isolation vulnerabilities. The program aims to support the mental and physical health of program participants, through care coordination and linkages to local support services, networks and community.

**Clinical nursing services** – The assessment and management of participants' mental and physical health needs, including health risk assessments, medication monitoring and providing support and information to carers.

**Care coordination** – Connecting participants to agreed services and support, including assessing and restoring services and social networks that have been disrupted by the COVID-19 pandemic.

**Psychological therapy** – We all know that change is difficult. Often, the quality of life and sense of wellbeing of older people can be impacted by change, worry, or grief and loss. This can lead to anxiety and depression. The Change Futures Psychological Therapy Team members are trained and skilled in counselling and supporting older people who may be feeling anxious or depressed.



## WHO IS ELIGIBLE?

SWP is available to:

- People aged 65 years and over, or Aboriginal and Torres Strait Islander people aged 55 years and over
- People experiencing social isolation or loneliness due to the impact of COVID-19
- People residing in the Brisbane south community, in independent living units or in residential aged care
- Aged carers of people with mental or physical health problems.

This program is voluntary, and a referral can be made by the person wishing to participate or by someone on their behalf.

Referral forms are accessible via Footprints website [www.footprintscommunity.org.au](http://www.footprintscommunity.org.au) or by calling Footprints on 07 3252 3488.

Completed referral forms must be sent via:

- Email: [swp@footprintscommunity.org.au](mailto:swp@footprintscommunity.org.au)
- Or Medical Objects using ID CODE: IF40060002t
- Or Fax: 07 3252 3688

If you are unable to use any of these methods, please call Footprints on 07 3252 3488.

This is a free service and eligibility is not based on a person's financial situation.