

ABOUT FOOTPRINTS

Footprints Community is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. We 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.

Our professionally qualified and highly skilled workforce operate within a client-centred practice framework ensuring principles of strengths-based practice are implemented into service delivery.

We believe in independence, strength and choice. We work with people and their representatives, at their own pace, to empower and support people to reach their goals.

PUTTING PEOPLE FIRST ...



2023 Winner Best Workplace



HOW TO ACCESS THIS SERVICE

If you are:

- a person experiencing frailty
- caring for a person with frailty symptoms
- a health professional
- a community member/neighbour who is concerned about someone with frailty symptoms.

Please contact our team for a referral form and return the completed form via Fax or email to: svhc@footprintscommunity.org.au



Our referral form is on the Footprints website and outlines eligibility criteria, if you require more information our contacts are detailed below.



You can ask for an interpreter. It is FREE.

SENIORS VITALITY HEALTH CONNECT

A FOOTPRINTS COMMUNITY SOCIAL PRESCRIBING PROGRAM

Support for people with signs and symptoms of ageing!



Contact us:

☎ 1800 FOOTPRINTS (1800 366 877)
or 07 3252 3488

☎ 07 3252 3688

✉ P.O. Box 735 New Farm QLD 4005

🔍 www.footprintscommunity.org.au

STAY CONNECTED WITH US



November 2023





WHAT IS SOCIAL PRESCRIBING?

Social Prescribing is a new approach to holistic health care. Social Prescribing can connect you to local community supports with the aim of improving your health and wellbeing in a way that is meaningful to you. This might include linking you to supports around healthy living, social groups and activities, advice, support, and service navigation.

Our Link Workers are skilled at building relationships, are well connected to your local area and have the knowledge to navigate both government systems and community services.

WHO IS ELIGIBLE

People who are:

- aged 65 years and older or 50 years or older for First Nations People
- living in the region of Logan or Beaudesert
- seeking preventative measures to support their health and wellbeing and/or
- experiencing symptoms of frailty (i.e. functional decline, fatigue, slow motor performance, cognitive impairment), and who are at increased risk of vulnerability impacting on health, wellbeing and independence.

ABOUT THE SVHC PROGRAM

The Senior's Vitality Health Connection provides expert practical advice, guidance and education on providing the best care for people living with, or at risk of, frailty across the Logan and Beaudesert Regions.

This service is supported by funding from the Australian Government through Brisbane South PHN

WHAT IS VITALITY AND WHY IS IT IMPORTANT?

As we age it is increasingly important that we are managing our health and wellbeing. Vitality refers to the feeling of being physically and mentally healthy, energetic, and able to do things that bring you happiness and keep you well.

Did you know that:

- symptoms of frailty are not an inevitable consequence of ageing and that the symptoms of frailty are treatable and can be reversed?
- participating in social activities is just as important as good diet and exercise in preventing frailty symptoms and maintaining good health.
- developing frailty symptoms increases your risk of falls, mobility decline, hospitalization and mortality.



Footprints have partnered with Champion Health who have developed exercise programs and workforce development and training packages to be delivered by Footprints staff in the Logan and Beaudesert communities.