

Social Prescribing Link Workers

Address wider issues that affect people's health & wellbeing.

Use personalised care and support planning and health coaching approaches, usually over several sessions to **identify what matters to the person** and **connect them** with;

- Practical, social and emotional support within their community and
- Activities that promote wellbeing e.g. Arts, sports, natural environment.

Identify and nurture community assets by working with partners such as VCSE, local authorities and health.

Tend to work with people experiencing loneliness, complex social needs, mental health needs or multiple LTCs.

Health & Wellbeing Coaches

Proactively identify and also accept referrals to support people to raise their awareness and increase their responsibility for health and wellbeing.

Guide and support people to reach self-identified health and wellbeing goals.

Work with people to develop their knowledge, skills and confidence to become active participants in looking after their own health.

Use specialist coaching and behaviour change techniques, usually over a number of sessions.

Tend to work with people with physical and mental health conditions, and with one or more LTCs such as type 2 diabetes, COPD, or at risk of developing a LTC.

Care Coordinators

Proactively identify patients who need support to:

- Prepare for follow-up clinical conversations with primary care professionals
- Be actively involved in managing their care and to make choices that are right for them
- Develop personalised care & support plans
- Understand and manage their condition, ensuring changing needs are addressed.

Provide coordination and access to other appropriate services and support.

Tend to work with people with multiple appointments, frail/elderly and people with LTCs.

