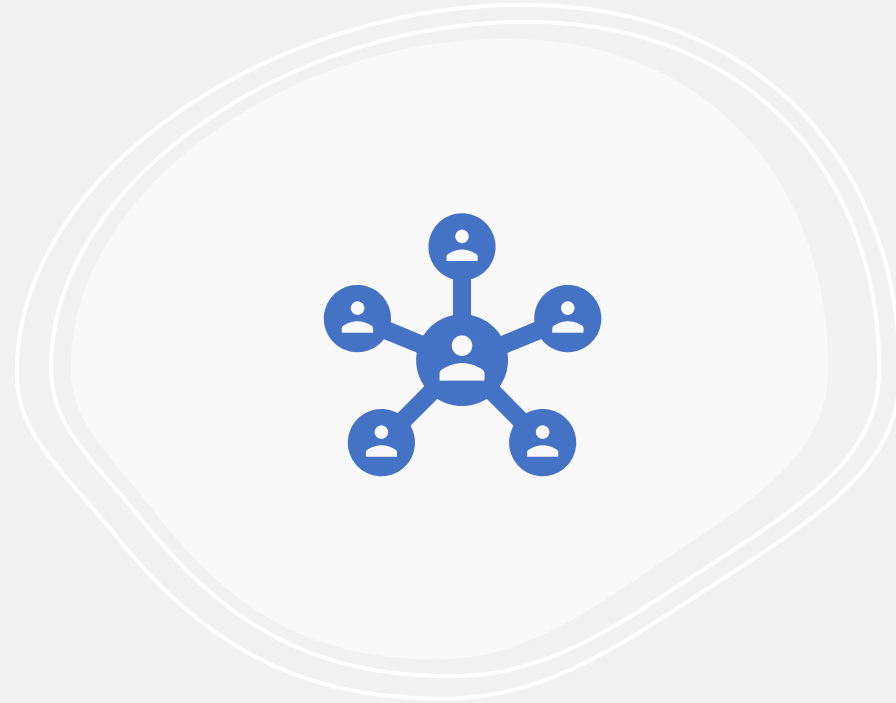




Social Prescribing: Opportunities and Barriers

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Social Prescribing

“connecting citizens to community support to better manage their health and well-being’ (Rees et al, 2019)

Welsh Government (2022)

Task:

LDMAG to contribute to a national task and finish group to understand how social prescribing could aid Wales in its recovery from Covid-19. Introduce an all-Wales framework to roll out social prescribing to tackle isolation.

Action:

A national framework for social prescribing which delivers a vision of social prescribing in Wales that is of a consistent high quality standard across the country.

Why is social prescribing important for people with learning disabilities?

Limited physical activity and sedentary lifestyle

Higher levels of obesity

Loneliness and isolation

Mental health problems and overprescription of psychotropic medication

But...

Limited evidence regarding the use of social prescribing by people with learning disabilities:

- They may be accessing services and supports that are not 'labelled' as social prescribing
- Individuals may not be identified or self-identify as having a learning disability

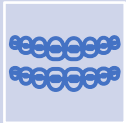
Some potential barriers



Lack of awareness



Diagnostic overshadowing



Lack of support