

## **Green Prescription**

Green Prescription is a programme that provides support and motivation to adults 18 years and over, with the aim to improve their health through increase physical activity and healthy lifestyle changes.

The FREE programme is delivered predominantly through phone support, however face to face meetings are available

### **What support can your patients expect?**

- Personal consultation and support
- Personal action plans and goal setting - Physical Activity and basic nutrition if identified
- Motivational support with regular contacts and accountability
- Links to community activity providers; some discounts available
- Resources provided on nutrition and physical activity options

### **Criteria for referral**

- 18 years and over
- Ready to make changes to their lifestyle
- Have stable medical conditions that could benefit from regular physical activity
- Able and happy to be contacted
- Not meeting the Ministry of Health physical activity guidelines of 150 minutes moderate exercise per week

Priority populations for TDHB GRx support - Diabetes, CVD, Obesity, COPD, Māori

### **How to refer a patient for support**

1. E-referral through best practice (preferred)
2. Sport Taranaki Website - online referrals (For Self-referral and Health Professionals)
3. Direct email - [greenprescription@sporttaranaki.org.nz](mailto:greenprescription@sporttaranaki.org.nz) (Include all patient contact details, DOB, Ethnicity, and brief medical history)

## **Community Strength and Balance**

Our Community Strength and Balance coordinator supports the development of a Taranaki wide network of safe, fun and effective community classes. These approved classes aim to improve participants strength and balance, maintain their independence and prevent falls as well as providing valuable spaces in which older adults can connect.

Use 4 Falls Risk Questions **OR** refer If either you or patient have any concerns about falling?

- Answer YES to one or more of the screening questions
  - Have slipped, tripped, or fallen in the last year
  - Use their hands to get out of a chair
  - Have stopped doing some activities as I am afraid of losing balance
  - Worry about falling

### **How to refer a patient for support**

Direct – to classes – [can find updated class list https://www.sporttaranaki.org.nz/health/strength-and-balance/](https://www.sporttaranaki.org.nz/health/strength-and-balance/)

If patients require additional support please use Green Prescription E-referral through best practice – **Please note Strength and Balance / Falls prevention** in reason for referral

**Website: Green Prescription** <https://www.sporttaranaki.org.nz/health/green-prescription/>

**Strength and Balance** <https://www.sporttaranaki.org.nz/health/strength-and-balance/>