

Lorn and Oban Healthy Options ADAPT 12wk Programme Referral Form

PERSONAL DETAILS		
Full Name:	Address:	
Contact Telephone:		
Email	Date of Birth:	GP Practice

REFERRAL DETAILS	Date of referral:
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Why does this person want to be referred to Healthy Options? Please provide as much detail as possible.

Does reason for referral for this client fall into any of the following cohorts? (please tick):

Mild anxiety	Long Covid	Weight Reduction	Fibromyalgia	
Mild depression	Neurological	Pre-diabetic	Back Pain	
Low self esteem	Physically inactive	Type 1 diabetes	Arthritis	
Low confidence	Improve strength & balance	Type 2 diabetes	Other chronic pain	
Stress	Poor mobility	Healthy eating advice	Social prescribing	

Past medical history/current health problems:

HEALTH PROFESSIONAL TO COMPLETE: To the best of my knowledge the balance of benefits and risks of undertaking increased activity and positive lifestyle changes in an appropriately supported environment is likely to be favourable to this person's health*.

Signature

PRINT NAME

Designation

Contact email & telephone number:

**See our guidance document for health professionals if you need support in making this decision*

What Is Healthy Options?

Healthy Options is a community run social enterprise and registered charity. It was established in 2011 by the community in collaboration with Lorn Medical Centre and Atlantis Community Leisure (also a community social enterprise and charity).

Healthy Options offers 2 services:

- 1) ADAPT: a 12week self-management programme for people newly diagnosed or struggling to adapt to living with a long-term conditions, or people requiring pre or rehab before or after surgery or treatments.
- 2) THRIVE: an ongoing self-referral service of education and activities which support people to **live healthier, more active lives.**

Whether this is learning ways to manage long term conditions, prevent chronic health issues developing or support in recovery from illness, injury or surgery Healthy Options is here to help you.

How Can Healthy Options 'ADAPT' Help Me?

We can advise and support you on how to make **positive lifestyle changes**, ensuring these are tailored to your individual health needs and preferences.

The first step is a consultation with one of our highly qualified and experienced Exercise Professionals. During this appointment you and our staff jointly develop a bespoke programme of activities (known as social prescribing).

This could involve any of a wide range of activities for example group classes, gym sessions, educational talks, Pilates classes or rewilding walks in beautiful scenic Argyll.

What does this cost?

As a community initiative we believe that cost should never be a barrier to health. However, there are costs involved in providing our service - wages for our highly qualified staff, and the cost to use venues and facilities to deliver our classes. On average the cost associated with each client completing our 12week programme is £680. Grant funding subsidises more than 96% of this, or 100% subsidy for those on low income.

For those who can afford to contribute to our service pay £20* per month by direct debit to Healthy Options. If you are unable to pay let us know and we can discuss full subsidy. *(*if you are able to contribute more please let us know, any help to support funding for the Charity is always gratefully received!)*

How Do I Get Referred to ADAPT with Healthy Options?

A wide range of different health professionals can refer to our service; GP's, Physiotherapists, Occupational Therapists, Community Psychiatric Nurses, Dieticians, and hospital specialists to name a few. Your consent is needed for this referral to be made to us on your behalf.

Once we receive your referral your details are placed on our waiting list which we triage on a weekly basis. Current waiting time is approximately 12 to 14 weeks.

If you would like to find out more about Healthy Options check out our website Lorn Healthy Options.

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