

BUDOUCNOST KOORDINOVANÉ PÉČE: MEZI SYSTÉMEM A POTŘEBAMI ČLOVĚKA

Mezinárodní perspektivy case managementu

10. 6. 2026

9:00-15:30

Fortna - Klášter Hradčany Řádu bosých karmelitánů
Hradčanské nám. 3/184, 118 00 Praha 1

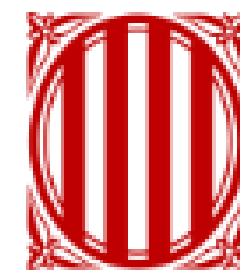
10. 6. 2026
Praha



Social Prescribing in Catalonia: A Bottom-Up Model Linking Health, Social Care, and Community

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Generalitat de Catalunya
Departament de Salut
Secretaria de Salut Pública

Catalonia

Autonomous region in Spain with its own
Health System
8 million inhabitants



Introduction

The SP programme started in 2012

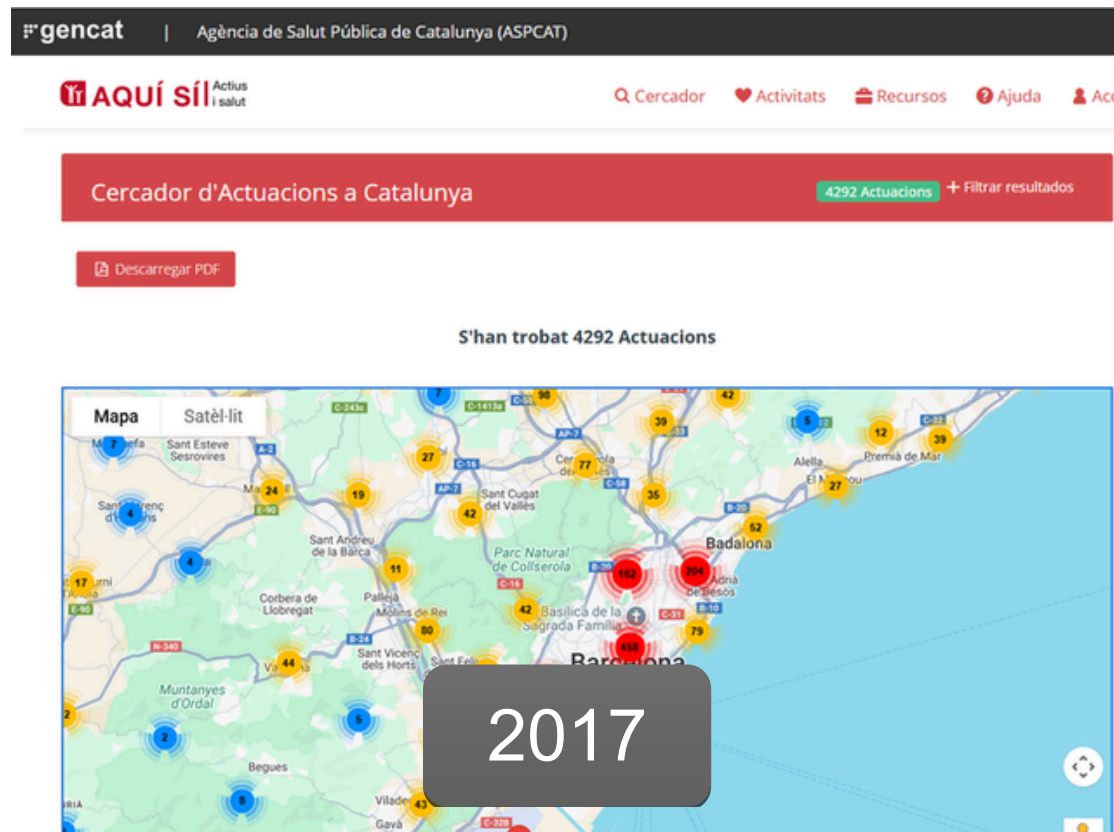
In Catalonia, **Social Prescribing (SP)** is a community health intervention through which a health professional and the person they care for jointly identify a community activity to promote **emotional well-being** and **social support**.



Promotes the connection of people with the **assets** of their communities

It is a **protocolized** and **systematic** process.

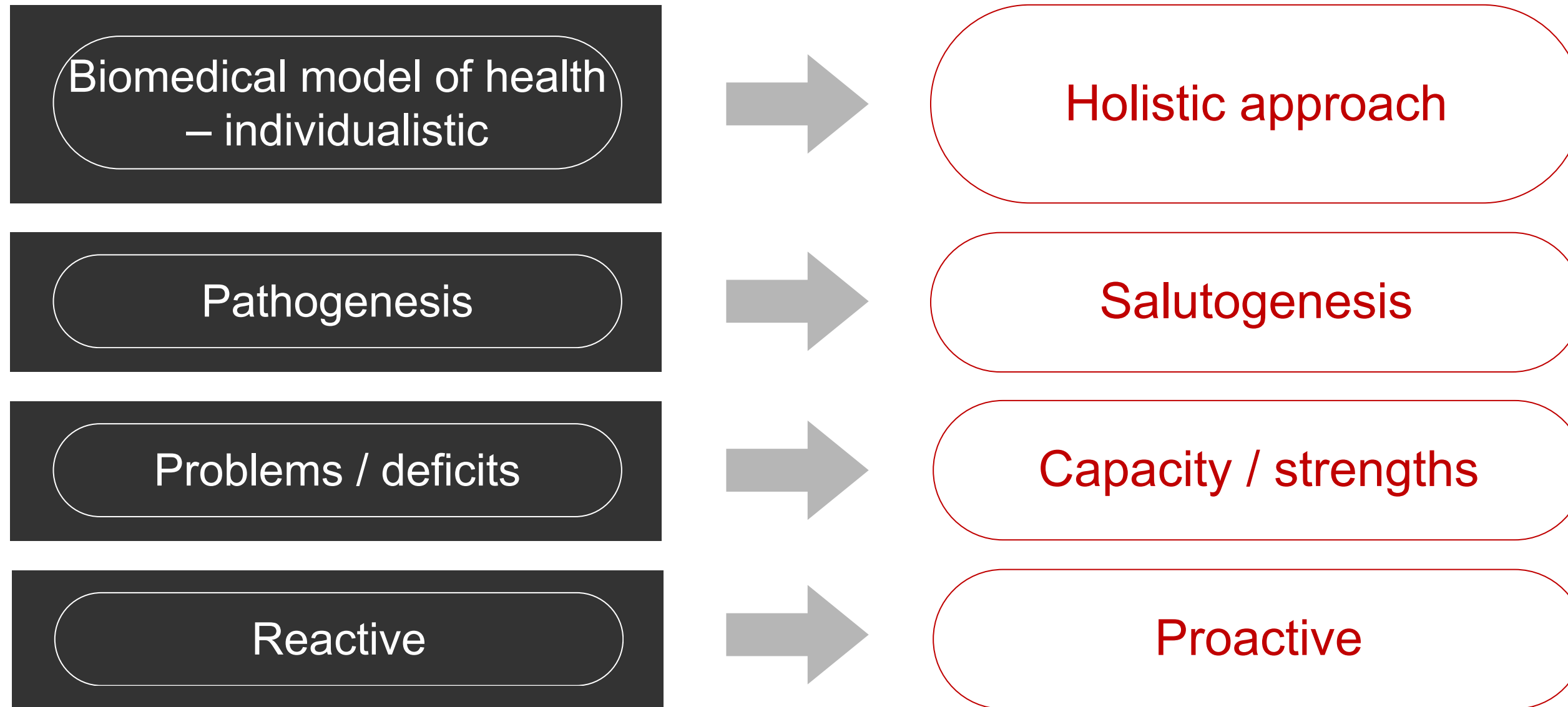
It is mainly aimed at people feeling **loneliness**, with **social isolation**, **emotional distress** and **mental health problems**.



Cartwright L, Burns L, Akinyemi O, Carder-Gilbert H, Tierney S, Elston J, Chatterjee H. [On behalf of the NASP Academic Partners Collaborative]. (2022). 'Who is and isn't being referred to social prescribing?'. London: National Academy for Social Prescribing

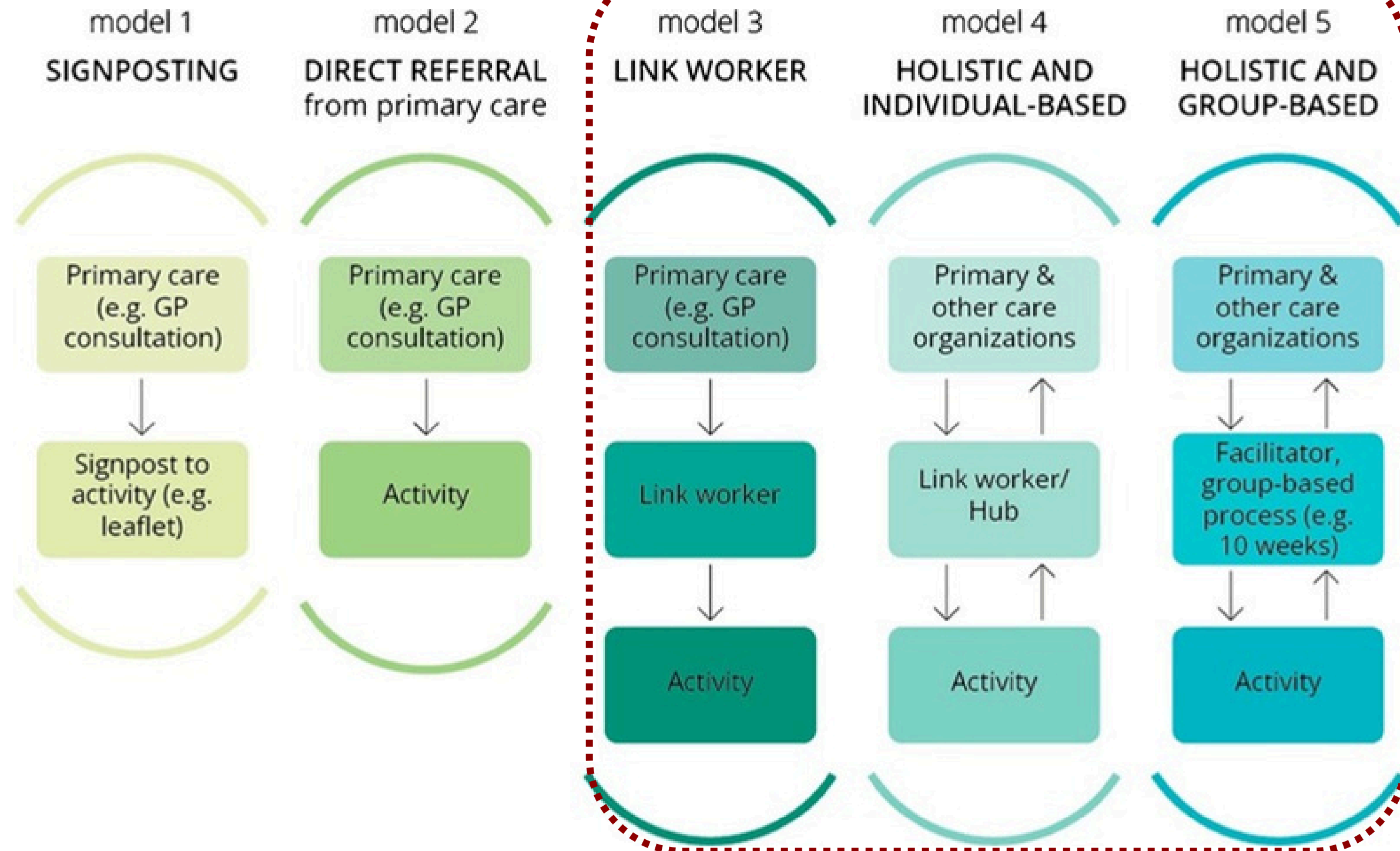
Introduction (2)

Change of perspective

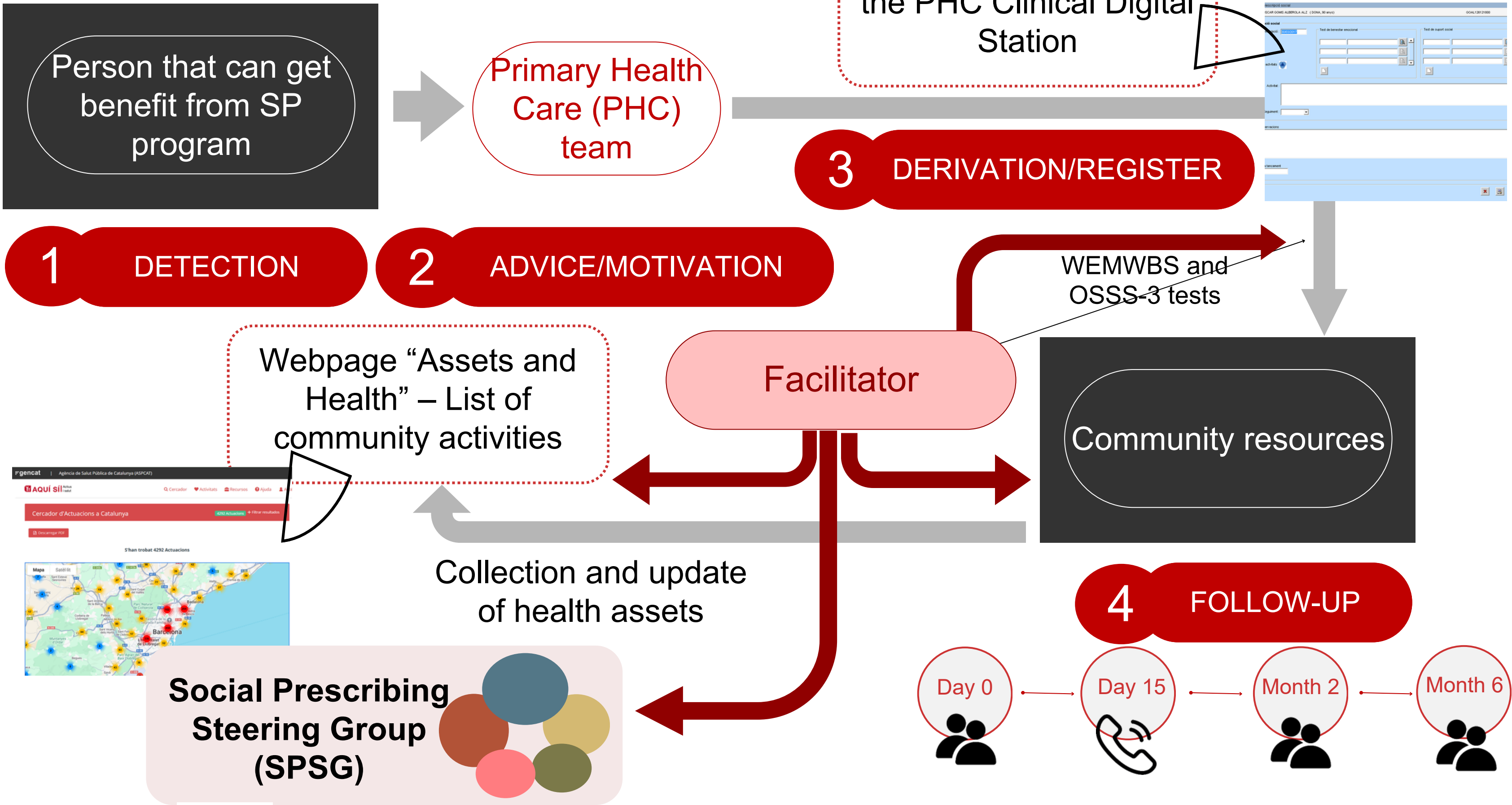


Social prescribing models

SP programme in Catalonia



Litt JS, Coll-Planas L, Sachs AL, Masó Aguado M, Howarth M. Current Trends and Future Directions in Urban Social Prescribing. *Curr Environ Health Rep.* 2023 Dec;10(4):383-393. doi: 10.1007/s40572-023-00419-2. Epub 2023 Dec 13. PMID: 38087048.



Role of the facilitator

Highly recommended role!



- It can be located in the **PHC**, the **City Council** or a **community facility**.
- Can ensure an **updated catalog** of community activities.
- It acts as a **link** between the PHCT and the community entities, to which it provides support if necessary (**link worker role**).
- In some cases there is a facilitator **for areas** (culture, sports, seniors, youth, etc.).
- It can inform the entities of the arrival of a person (**guaranteeing data protection**).
- It can **follow up** on people referred to community activities (usually the call after 15 days).

Our team offers specific training to the teams of facilitators in the municipalities.

Implementation of the Programme in the local context

INITIAL STEPS

- 1 Community alliances – Legitimizing the process
- 2 Social Prescribing Steering Group (SPSG)
- 3 Training of PHC trainers
- 4 Collection and mapping of community resources and activities
- 5 PHC implementation training + Facilitator training

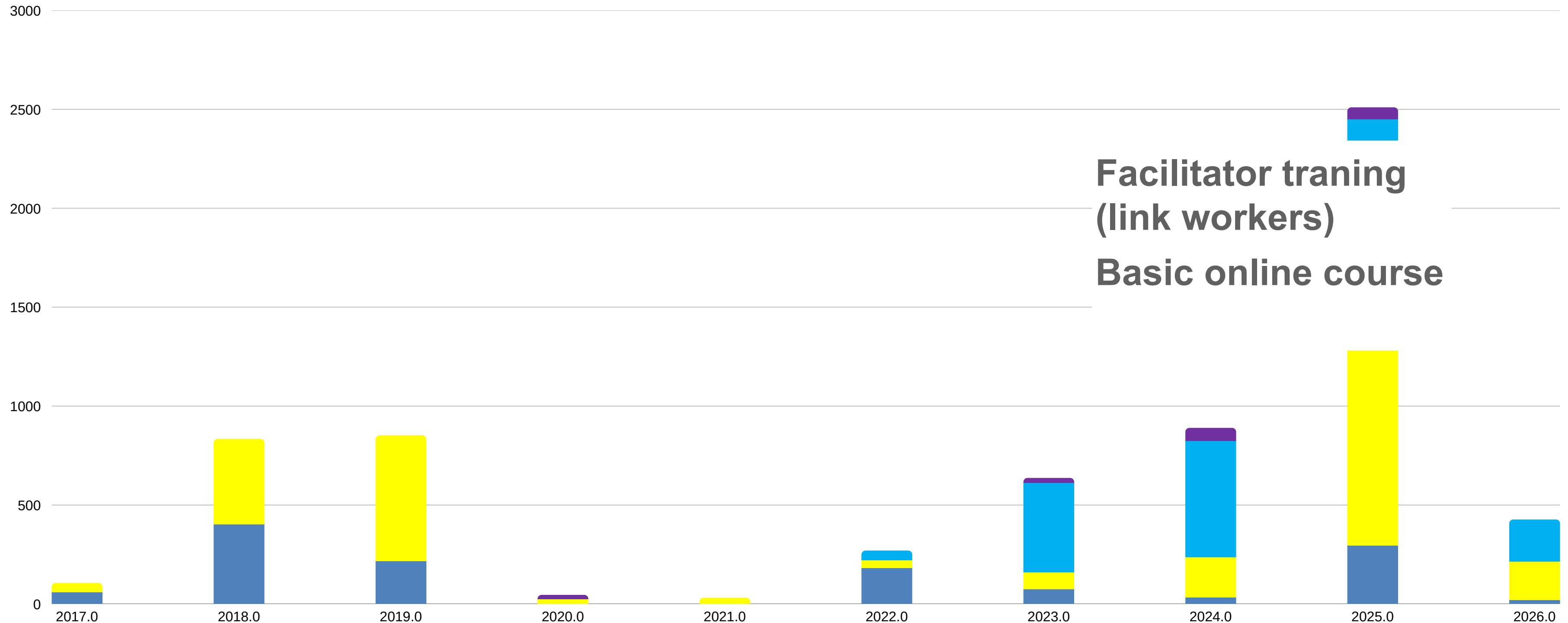
- 6 **Start of the Programme** – Dissemination and visibility
- 7 Registration and monitoring of users
- 8 Local and general evaluation of the Programme



Training programme

Professionals trained in social prescribing

● Formació de formadors/es
 ● Formació d'implementació a EAP
 ● Curs online promocio.cat
 ● Formació de facilitadors/es



**Facilitator training
(link workers)**
Basic online course

What have we achieved?

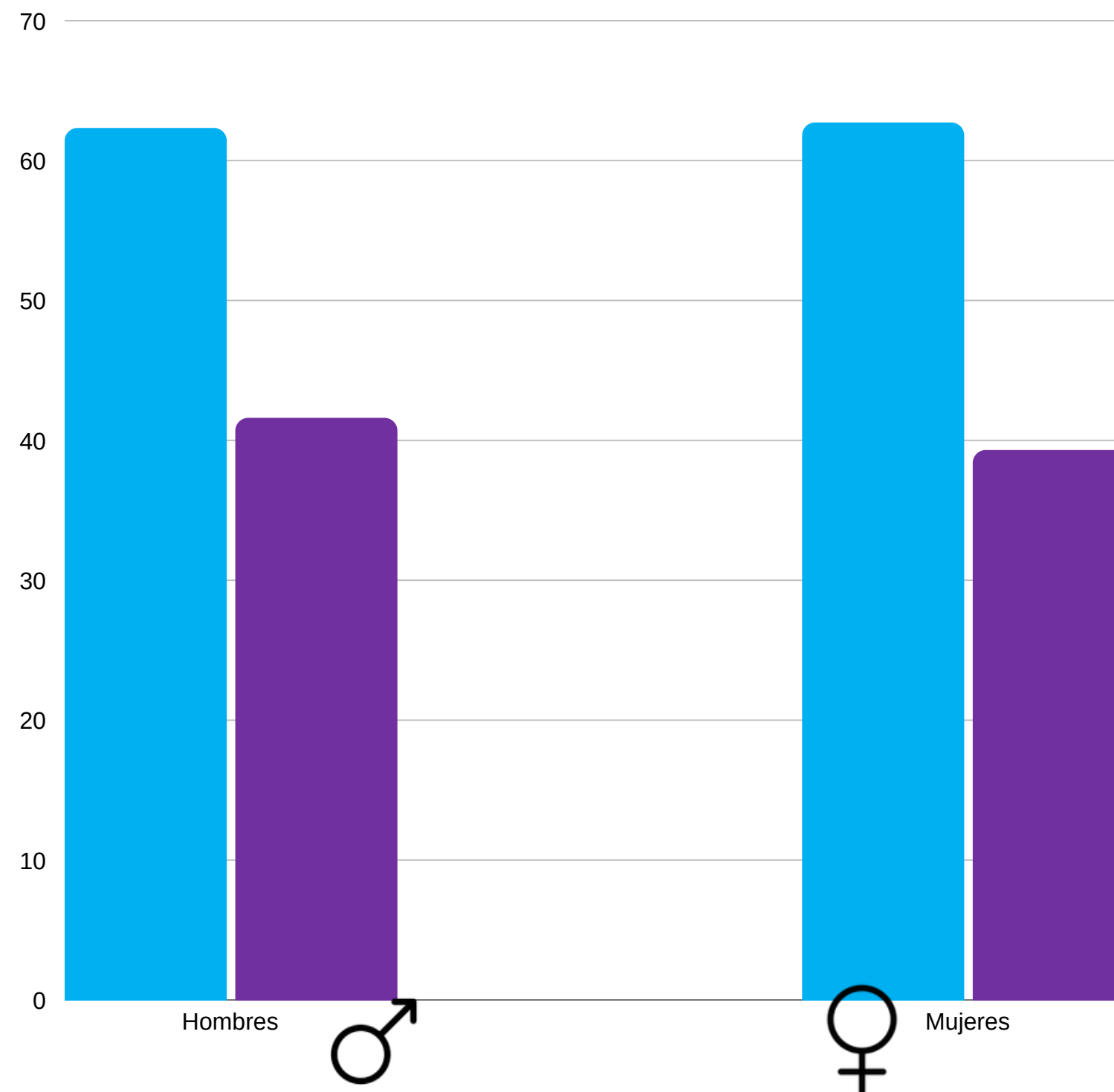
Results of the programme in Catalonia in 2025

28,395
social prescriptions in a year

62,5%
improved their emotional well-being

40%
Improved their social support

Results pre-post



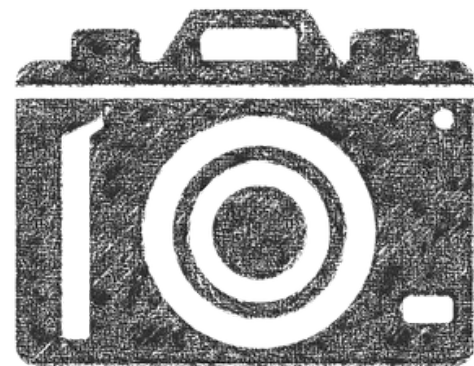
Evaluation strategy in Catalonia

Evaluation phases

1 Process evaluation

How is the programme being implemented throughout Catalonia?

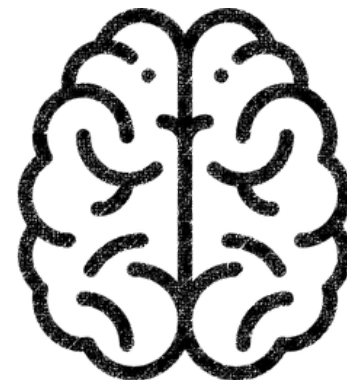
Useful to have a snapshot of the current state of social prescription



2 Results evaluation

What effects on **mental health** and **social support** does PS have on communities?

In **which groups** does the programme work best?



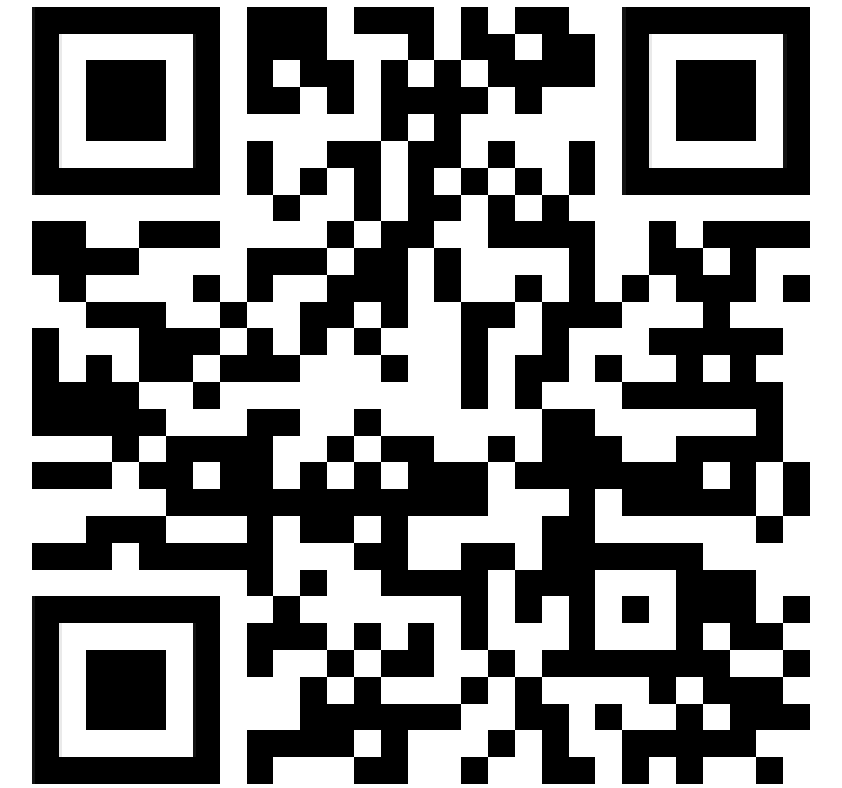
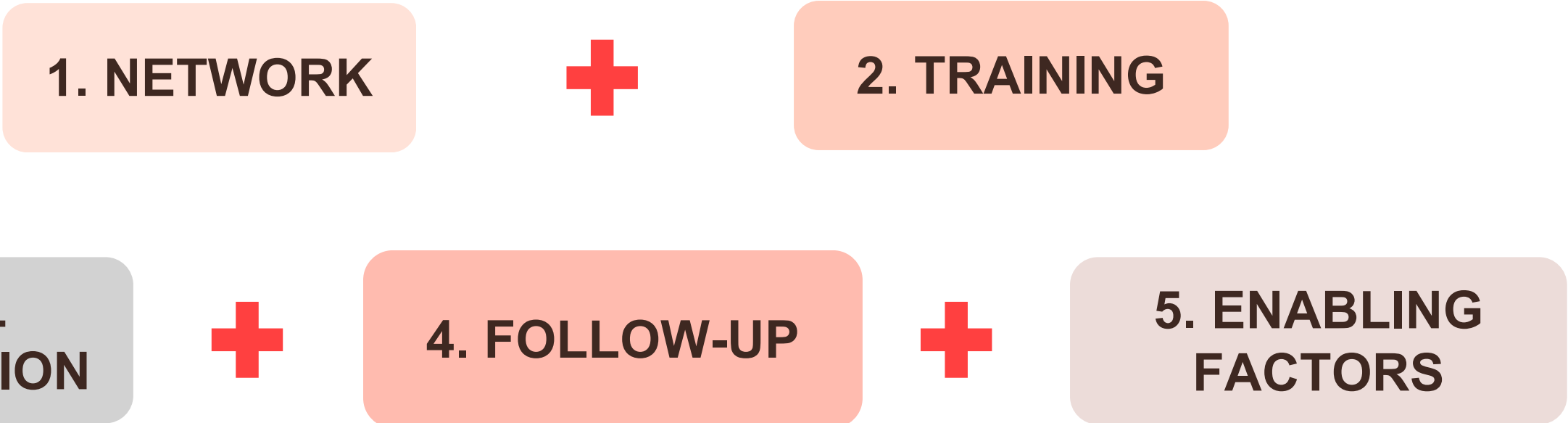
3 Economic evaluation

What is the **cost-benefit** and **return on investment** of the program?

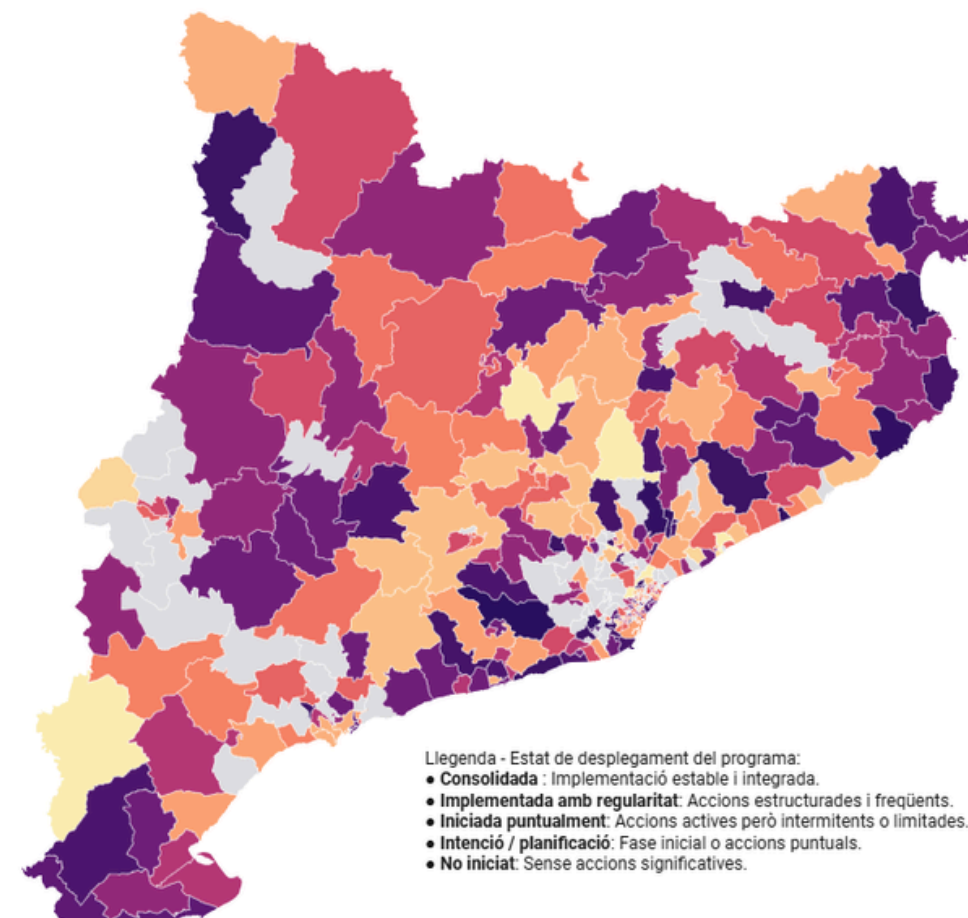
Useful for redistributing resources and promoting sustainability



Global indicator



Composite index with a specific weight for each phase, total sum out of 100.



Heat map of Catalonia

Collaboration on international projects



- **13 participating institutions** from 9 countries.
 - Charles University is one of the participating institutions
- 5-year duration (2021-2026)
- **Clinical trials** implementing Friends in Nature methodology
- Target group: people experiencing **unwanted loneliness**.
- **Objective:** To reduce loneliness in urban contexts with nature-based social prescribing.



Future challenges

1. In Catalonia, SP is consolidating in PHC with more than 28,000 social prescriptions in the last year, but it is necessary to **expand to more areas** and **evaluate both the scope of the intervention and the cost-benefit**.
 2. It is shown to be a **potentially effective intervention to address emotional distress** (improvement in 63% of the 3,159 cases evaluated), but it is necessary to know the % according to different groups. **Which profile is benefiting the most?**
-
1. Digital tools need to be improved to **promote a more agile referral process** for professionals to community activities.
 2. The SP must be **integrated as part of the Community Action for Health process**, contributing to the transformation of the biomedical approach of PHC towards a more salutogenic and community perspective.



What is transferable from Catalonia?

1. **Start from a shared paradigm shift** → Move from a biomedical, deficit-based model to a salutogenic and community-oriented approach (change in mindset)
2. **Build on existing assets (not new structures)** → Map and activate community resources already available. Social prescribing works by connecting, not creating
3. **Embed the model in PHC as a key community health actor**, in articulation with social & community action, with shared routine integration (protocols and digital tools).
4. **Invest in people and capacities** → Training (cascade model) enables scalability. Roles like link workers/facilitators can be adapted to each context
5. **Keep it structured, but flexible** → A simple, clear pathway (detection → referral → follow-up). Adaptation to local realities is essential (no “one-size-fits-all”)

What is transferable from Catalonia?

Social prescribing is not a specific intervention to replicate, but a way of reorganizing how health systems relate to communities.

For more information... visit our website


Drogues i addiccions comportamentals

Inici | Ciutadania | Professionals | Actualitat

Inici > Professionals > Prevenció de trastorns mentals i promoció de salut mental > Programa de Prescripció Social i Salut (PSS)

Programa Prescripció Social i Salut

Formació de professionals | Comparteix les teves notícies-experiències



Programa de Prescripció Social i Salut (PSS)

La prescripció social és un mecanisme a través del qual un professional de la salut i un pacient identifiquen junts activitats de la comunitat per millorar la seva salut i el seu benestar. Es tracta d'oferir alternatives a la medicalització dels malestars de la vida quotidiana a persones amb limitat benefici de la medicina tradicional i que perceben manca de participació social o sentiment de solitud o estan en risc d'aïllament social.

Molts professionals, sobretot treballadors socials, ja utilitzen la prescripció social per a pacients de manera espontània; però el programa "Prescripció social i salut" (PSS) pretén dotar a qualsevol professional de l'atenció primària d'eines per facilitar la prescripció social, sempre que estigui indicat que pot beneficiar el pacient de manera sistemàtica i avaluada. Per desenvolupar la prescripció social, la Subdirecció General de Drogodependències ofereix formació a persones que seran referents en prescripció social a l'equip d'atenció primària.

El programa té com a objectiu disminuir el risc d'aïllament social dels pacients, millorar-ne la salut mental

Guia de Prescripció d'actius comunitaris: Programa Prescripció social i salut (PSS)

Destaquem

- Infografia Programa de Prescripció Social i Salut [249,29 kB]



prescripcio.social@gencat.cat



Marc Olivella Cirici, Public Health Secretary. Department of Health.
Government of Catalonia. Technical officer in Public Health.



DĚKUJI ZA POZORNOST!

Staň se vytrvalcem pro ty nejstarší z nás



Péče o seniory je maraton - proto hledáme ty, kteří v tom budou dlouhodobě s námi.

Přidej se a staň se, prosím, pravidelným dárcem.

Svojí vytrvalostí zlepšíš životy konkrétních lidí ve stáří i kondici péče o seniory v ČR.

Děkujeme! 

www.darekprosueryder.cz

