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MoMs

MOTHER MATTERS

The right of women with disabilities to motherhood

Erasmus plus project number 2023-1-IT02-KA220-ADU-000153664

INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- RISKS and SUPPORT -

Social prescribing

Social prescribing is a strategy for supporting the physical, psychological and social well-being of people. It is based on the evidence that the workload of the health system can be lightened through the collaboration of social, cultural, sports, recreational and volunteering organizations. Social prescribing is a way for healthcare professionals, like doctors or nurses, to refer patients to non-medical services in the community that can help improve their well-being. It's about looking at a person's overall health, not just their physical symptoms, and recognizing that factors like social isolation, social pressure, discrimination issues, housing, or financial stress can impact health.



momsproject.eu



Mother Matters



[moms.mothermatters](https://www.instagram.com/moms.mothermatters)



[MoMs_MotherMatters](https://www.youtube.com/MoMs_MotherMatters)

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A social prescription pathway foresees at first that the healthcare professional recommends the patient to a link worker. From the collaboration between healthcare professional and this social worker, the patient can develop a personalized wellness plan in the community, participating in activities that can range from physical activity to art workshops, from volunteer opportunities to housing support.

The idea of the social prescription born in 1986 thanks to the “Ottawa Charter for Health Promotion”: 200 people from 38 countries participated to the writing of this document to achieve the common goal of health for all by 2000. The Charter, together with nowadays Agenda 2030, is considered a model to continue to follow because it is very rooted in reality!

It involves connecting people to services or activities in the community, such as exercise programs, volunteering opportunities, art classes, support groups, or local charities. These activities can improve mental health, reduce stress, and even improve physical well-being. It also encourages individuals to take control of their own well-being, helping them build stronger social connections, develop new skills, and engage in activities that make them feel more supported and connected to their community.

We can resume and conclude that social prescription is a tool that allows healthcare specialists to use non-healthcare resources in the community to answer and support the needs of people to reach well-being.

Well-being is the good quality connection between body, mind and spirit.

