

# Peer Support Network

10 March 2016

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Health Issues Centre



## What is the PSN?

- Support each other;
- Share information and knowledge; and
- Strengthen peer support programs

**Goal:**

Quality and accessible peer support for Victorians living with chronic illness

## Who is part of the Network?

- Members tend to be health-based organisations who offer peer support programs
- Individuals who deliver peer support
- Leadership Group

## Current focus till 2017

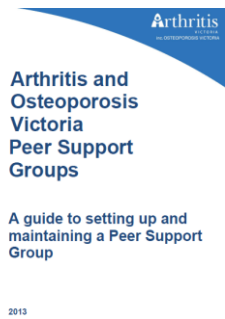
- Engage with a broad cross section of organisations who support people with chronic health conditions
- Raise awareness amongst health professionals about appropriate peer support groups and pathways to access them
- Build the capacity of the CIA Peer Support Leadership Group and ensure its sustainability

## Meetings

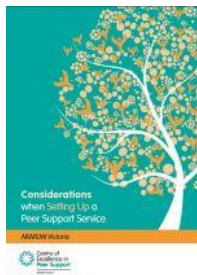
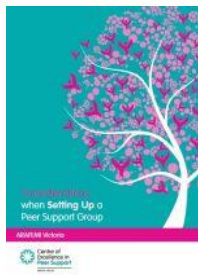
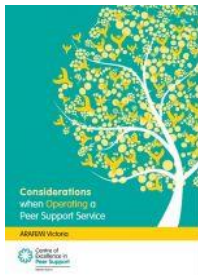


- Four times a year
  - 16 March 2016
  - 16 June 2016
  - 16 August 2016
  - 12 October 2016
- Two hours (2 to 4pm)
- Presentations and workshops

## Resources



- Best Practice Framework
- PLOT
- Peer leader manuals
- Condition-specific organisations



Arthritis & Osteoporosis Victoria provides:

- Information and education on osteoarthritis, osteoporosis, rheumatoid arthritis, lupus, fibromyalgia and other muscle, bone and joint conditions, including back pain and neck pain.
- Community speaker program
- BSH (bus) Line talk for a person with a lived experience or a trained volunteer
- Library with a range of book on arthritis, other muscle, bone and joint conditions and OTCs
- Leader training for physical activity such as Warm Water Exercise, Nordic Walking, Chair Based Exercise or Tai Chi
- Become a member

For further information contact:  
 Arthritis & Osteoporosis Victoria  
 20/200a St. Albans  
 Camfield, Geelong VIC 3162  
 Tel: 8531-9000  
 Email: 1800 200 200  
 www.arthritis.org.au

Horsham Arthritis Peer Support Group

**Thank you**

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