
POSTER ABSTRACT

Working relationship between care and welfare is $1 + 1 = 3$

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There is no health care without wellbeing. The quality of life for someone is defined by different dimensions such as a physical, a psychological and a social dimension. These different dimensions influence each other. This is why our government wants policy to decompartmentalize actors active in health care and in wellbeing. Quality of life for someone is key.

To further work towards more quality of life, we count on care givers in the field: the first line. This 'first line' are local caregivers who are closest to the people who need care and support. They are the primary point of contact for people with questions about health care and wellbeing. These caregivers are family doctors, nurses, pharmacists, physiotherapists, social workers from health insurance companies, social workers from local authorities, and other social workers, etc...

Traditional health care focusses on the physical dimension: it relates to the need for care, support or treatment of issues caused by illness, age, disability or psychological problems.

The sector wellbeing focusses on the mental dimension: having a sense of wellbeing is key to feeling good. Wellbeing will always look for the strength that people have within themselves: social network, meaningful daily activities, volunteer work, the chance to interact with others, active participation to society, being able to count on help or support when things get tough. The goal is to give everyone the chance to develop themselves and make sure you have broad access to help when you need it, whether you're a citizen, elder, newcomer or person with a disability.

In turn, the physical and mental dimensions can't exist without linking on to the social context of people. Being connected through strong social relations and being able to participate in society are signs of good social health and contribute to better mental and physical health.

To make sure someone can fulfill the quality of life that they desire, it is important that health care and wellbeing work together and we pay attention to the different dimensions.

Social Work, in all its diversity, is key to keeping the focus on the mental and social dimension within the First line. That makes social workers essential partners in the care provided by other caregivers.