



Media release

For immediate release

Date: Wednesday 15 October

Self help books just what the doctor ordered

The recently launched Books on Prescription program has already received high acclaim, with the City of Subiaco winning the Innovation Award for team community development programs at the Local Government Managers Australia Community Development Conference last month.

The City of Subiaco is the first Western Australian metropolitan local government to offer the Books on Prescription service, with a range of self help books available for loan through Subiaco Library.

The program involves general practitioners (GPs) or other health practitioners 'prescribing' a book that addresses a particular issue. Doctors select specific self help books from a list chosen by experienced health practitioners and issue their patient with a 'prescription' to take to the library, where staff can assist with finding the chosen book.

Prescriptions do not need to be shown to library staff and any information that is shared is kept strictly confidential.

City of Subiaco Director Community Development, Jo Sadler said: "The Books on Prescription program was implemented as a way of linking community members to health providers and to other community services such as the Subiaco Library."

She continued: "The city hopes the program's success will encourage other local governments to follow suit and expand Books on Prescription across the Perth metropolitan area."

The concept where books are utilised as therapeutic intervention is known as bibliotherapy and can act as a support or alternative to medication, under the strict guidance of a GP or health professional.

Rokeby GP was the first Subiaco medical practice to embrace the Books on Prescription program.

Dr Shane Morley from Rokeby GP said: "The instant reaction of the doctors at Rokeby GP was 'what a great idea'. Too often we doctors recommend patients buy a book and it does not happen. The use of the library for books is convenient and free (and) the use of a prescription for the book formalises the service, making it more likely that the patient will actually get the book."



He added: "We encourage the public to approach their personal GP and suggest they adopt the program."

Health care professionals who are interested in offering Books on Prescription through their practice are encouraged to contact the city on 9237 9320.

For more information, including the full list of books available, visit www.subiaco.wa.gov.au

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Photo

Dr Shane Morley and Dr Louise Thorpe from Rokeby GP, pose with the prescription booklets and one of the books available through the scheme.

Notes to Editor

The City of Subiaco is recognised as a local government leader in a range of areas such as environmental and social initiatives, and long-term planning for the future. It is located in the inner metropolitan area of Perth and includes the suburbs of Subiaco, Daglish and parts of Nedlands, Shenton Park, Crawley and Jolimont. A major centre for employment with a diverse and growing business sector, the city provides important services including waste collection, town planning and public recreation facilities, to more than 19 000 residents. The city aims to maintain its vibrant sense of community and enhance the lives and well-being of everyone who lives, visits and works in Subiaco. For more information about the City of Subiaco, visit www.subiaco.wa.gov.au