

## **FLINDERS UNIVERSITY RURAL HEALTH SA (FURHSA) HEALTH & WELLBEING FINANCIAL ASSISTANCE POLICY**

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### **Overview**

The policy acknowledges the longitudinal nature of PRCC MD 3 medical student placement with an allocated budget for health and wellbeing activities (as outlined below) and the impact of access to health and wellbeing activities for all students. The policy also recognises and provides for Medical, Nursing & Allied Health students undertaking extended rural placement (12 weeks or more) through the rural student “Health and Wellbeing Stipend” (see final point below).

### **Purpose**

To facilitate Medical, Nursing, Allied Health and PRCC MD 3 medical students’ access to Health and Wellbeing activities within their home rural communities. It acknowledges the longitudinal nature of the PRCC year-long commitment and the impact this length of placement can have on a student finances and therefore, access to health and wellbeing activities.

The funding compliments a number of other health and wellbeing initiatives offered by FURHSA including –

- Access to free/confidential local counselling services
- Appropriate forums and student representation at the Health and Wellbeing committee (PRCC)
- Access to health and wellbeing resources via a dedicated social media platform, emails to students and campus related activities centred around health and wellbeing
- Academic and Professional support staff with training and support to recognise and assist students in difficulty, coupled with established links to central and local support services for appropriate referral

### **Aim**

To provide financial support and therefore assisted access to appropriate health and wellbeing activities for PRCC MD 3, Medical, Nursing and Allied Health students.

### **Budget Allocation**

#### **PRCC MD 3 Medical Students**

Each year, PRCC program administrators will have an allocation of funds in the budget for health and wellbeing. The allocation will be provided for identified activities which have been discussed and agreed upon with the PRCC students at the commencement of the year.

In addition to these funds, a subsidy of **\$70.00 per student (in each PRCC site) will contribute** toward their chosen individual activity or an agreed group activity.

#### **Appropriate Activities**

This may include but not limited to –

- Group payment of fees for a local sporting event

- Payment of sporting club fees
- A group wellness activity
- Contribution to group catering costs
- Payment towards an individual cost of joining a choir/musical or any other health and wellbeing activity that enables to student to participate in an individual 'other' related activity

**Medical, Nursing and Allied Health Students (rural placement of 12 weeks or more)**

In recognition of the impact that a longer rural placement may have on student access to and affordability of health and wellbeing activities, the policy is extended to all Medical, Nursing and Allied Health students. Students undertaking rural placements of 12 weeks or more can apply for the fixed \$70.00 Health and Wellbeing Stipend.

All students can apply for access to the health and wellbeing financial assistance by filling out and submitting the [FURHSA Health & Wellbeing Financial Assistance Application Form](#).

Staff can refer to the [FURHSA Health & Wellbeing Financial Assistance Application Process](#) for further information.