



A PROPOSED MODEL ON INTEGRATIVE WELL-BEING OF PEOPLE AND COMMUNITIES

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ABSTRACT – Guided by the ecological perspective, Social Work assesses and intervenes with situations at different aspects and levels. The paper aimed to discuss the developed model on integrative well-being as a result of an engagement with the community. Specifically, this paper hoped to characterize the wholistic and integrative view on health; to describe the physiological, economic and physical//environmental components of the Integrative Well Being Model; and to identify the crucial roles of Social Workers and other stakeholders in implementing the model. Implementing a community based program entails facilitating participatory methods through community organizing and participatory action research, which led to the identification of issues and problems related to health in sociocultural, economic, political, physiological and environmental aspects. Evaluated through qualitative phenomenological data analysis capitalizing on the experiences and visions of the community, the identified issues became the bases for the development of an integrative well-being model. Defined as a framework to facilitate process of enabling people to improve and increase control on their overall health, the Integrative Well Being Model incorporates the identified three interdependent themes—health, livelihood, and environment. The interrelationship of the programs on health, asset-based livelihood and community-based environmental management are central in this model, being the vital components. Social workers' roles in the model, especially in facilitating the work in and with the community and other stakeholders are crucial towards the empowerment of the people and bringing about the needed changes in the people's situation towards quality of life.

Keywords: Social Work Model, Integrative Well Being Model, Ecosystems perspective



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