



# SEEDS Wellbeing Course

## Frequently Asked Questions

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## 1. What is the SEEDS Wellbeing Course?

The SEEDS Wellbeing Course is a structured, telehealth-delivered health and recovery coaching course. It supports veterans to explore and enhance five core lifestyle determinants of health:

- Social Connectivity
- Exercise
- Education (health literacy and personal development)
- Diet
- Sleep

The SEEDS acronym was first coined by John Arden, with each of the domains supported by an extensive evidence base as a key health determinant of physical, cognitive and psychological wellbeing.

## 2. Who is the course for?

This course is suitable for veterans:

- Recovering from physical or psychological injury,
- Eligible for services under DVA Psychosocial Rehabilitation,
- Who are experiencing lifestyle-related barriers to recovery (e.g., low energy, poor sleep, social isolation, low motivation),
- And who would benefit from structured health behaviour support and coaching.

## 3. What does the course include?

- 4 x 1:1 telehealth coaching sessions with a Health and Recovery Partner who is an accredited allied health professional (exercise physiologist or similar).
- Individualised assessment and education in selected SEEDS area.
- Goal setting and tailored strategies based on the participant's preferences and readiness to change.
- Standardised outcome measurement (WHO-5 Wellbeing Index, General Self-Efficacy Scale).
- A written Initial Wellbeing Plan and Final Wellbeing Plan provided to both the participant and the referring consultant.

## 4. How are outcomes measured?

Participants complete validated tools at the beginning and end of the course:

- **WHO-5 Wellbeing Index:** Measures general wellbeing.



- **General Self-Efficacy Scale:** Assesses confidence in managing life challenges.

Session content is also informed by structured SEEDS domain-specific questions, tracking satisfaction, importance, and engagement over time. Participants will also be provided with an optional end course survey to track subjective feedback and an overall NPS score.

## 5. Will the participant need to focus on every one of the SEEDS health determinants in their course?

No. For some participants, trying to focus on too many different determinants of health at once will likely lead to overwhelm and disengagement.

The course aims to prioritise the SEEDS health determinants based on participant interest and preference. Our team will also consider key factors that influence behaviour change, such as self-efficacy (as gauged in GSES questionnaire), to guide the participant. In some instances, the course will only focus on a single lifestyle determinant.

## 6. What are the goals of the course?

- To increase participant confidence and capability in managing their health and wellbeing.
- To reduce modifiable lifestyle-related barriers to rehabilitation progress.
- To support sustainable behaviour change through motivation, education, and self-reflection.
- To improve psychological resilience, physical activity engagement, sleep quality, dietary patterns, and social connection.

## 7. Is this course compliant with DVA Psychosocial Rehabilitation Guidelines?

Yes. The course aligns with DVA's psychosocial activity categories:

- **Short wellbeing course** (primary category),
- **Life skills course** (secondary category depending on individual goals),
- It meets the requirements for evidence-based and short-term interventions that support self-management and sustainable outcomes.

## 8. How do I refer a client to the course?

Referrals can be made as part of the veteran's psychosocial rehabilitation plan. Different providers may have different processes for seeking approval, but an example is below:

- Include a clear rationale linked to a psychosocial 'need' (e.g., poor confidence, low motivation, disengagement).
- Identify the course under the "Short wellbeing course" category.
- Ensure ATQs (Activity Threshold Questions) are completed to demonstrate alignment with client goals.



- No Additional Item Request (AIR) is required if the referral meets all guideline criteria.
- Complete the short referral form for the course.

## 9. What makes SEEDS evidence-based?

Each SEEDS component is strongly supported by research:

- **Exercise:** Reduces depression/anxiety, improves cognition, enhances chronic disease management.
- **Diet:** Influences mood, metabolic health, and disease risk.
- **Sleep:** Affects emotional regulation, immune function, and mental health.
- **Social Connectivity:** Protective against depression, stress, and isolation.
- **Education:** Boosts health literacy and empowers long-term change.

The course draws directly on this literature and applies behaviour change models such as motivational interviewing and self-efficacy theory. See our short literature review for more information.

## 10. How long is the course

The course typically runs over **4–8 weeks**, well within DVA's guideline that psychosocial activities should be **short-term (3 months or less)**.

## 11. How is the course delivered?

All sessions are conducted via **telehealth** using secure, user-friendly platforms. Veterans are supported to access and engage with the service regardless of their level of tech literacy.

## 12. Who delivers the course?

The SEEDS Wellbeing Course is facilitated by our Health and Rehabilitation Partners, who are **accredited allied health professionals**, including accredited **Exercise Physiologists** with expertise in:

- Behaviour change,
- Health coaching,
- Injury rehabilitation,
- And holistic wellbeing support

## 13. How does this program differ from treatment?

The SEEDS Wellbeing Course is a coaching and lifestyle support program, not a medical or psychological treatment. While it may complement treatment by improving motivation, health habits, and confidence, it does not provide diagnosis, clinical therapy, or hands-on intervention.

Key differences:



- SEEDS is education- and coaching-based, focusing on self-management, lifestyle reflection, and sustainable health behaviour change.
- It is delivered by accredited allied health professionals (e.g. exercise physiologists) in a non-clinical, conversational format.
- Participants are supported to set and work toward their own wellbeing goals, rather than receiving prescribed treatment plans.

The program is best viewed as part of a broader psychosocial rehabilitation plan that supports (but is separate from) physical or mental health treatment provided by clinical specialists.

#### 14. Program cost?

This program has been developed to be utilised as part of a broader psychosocial rehabilitation strategy, with it often acting as a discovery and entry point for other effective services, or to compliment an existing plan. As such, the program has been priced at \$725.00 + GST to ensure funds remain accessible for other beneficial supports.

