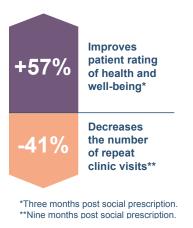


SOCIAL PRESCRIBING: A HOLISTIC APPROACH TO HEALTH

Social Prescribing Outcomes¹



In Canada, nearly 100% of seniors aged 65 and older plan on supporting themselves to live safely and independently in their own home for as long as possible.² For those who lack natural supports like family relationships, community-based programs help complement their medical care. This allows older adults to experience greater independence and helps reduce the length and frequency of hospital stays.

Over 80% of a person's health depends on social determinants of health like adequate food, housing, income and relationships with others.³

Social prescribing bridges the gap between medical and social care services. When older adults present with non-medical symptoms like loneliness, healthcare professionals can refer them to community-based programs to enhance their quality of life.

1. Alliance for Healthier Communities. <u>Rx: Community - Social Prescribing in Ontario, Final Report</u> (March 2020). https://cdn.ymaws.com/aohc.site-ym.com/ resource/group/e0802d2e-298a-4d86-8af5-21156f9c057f/rxcommunity_final_report_mar.pdf

2. National Institute of Ageing (NIA)/TELUS Health Survey (2020)

3. Hood CM, Gennuso KP, Swain GR, et al. County health rankings: relationships between determinant factors and health outcomes. Am J Prev Med 2016;50:129–35.doi:10.1016/j.amepre.2015.08.024

START SOCIAL PRESCRIBING TODAY!

The Strathmore Link Care 55+: Bridging Health with Social Prescribing Program is a social prescribing program that links the healthcare system to senior-serving organizations in Strathmore. This reduces the demand on healthcare professionals and better equips them to support older patients (55+). Through the program, doctors, nurse practitioners and other regulated health professionals alike, can promote healthy aging and resilience in their communities.



Here's how to get started:

STEP 1 Make an Assessment

After your medical examination, determine whether your patient has a non-medical need that is affecting their health and well-being.

STEP 2 Write a Social Prescription

Complete the Community Outreach Services **Referral** Form- Social Prescribing.

STEP 3 Submit a Referral Form

Submit your completed referral form by email to sarah. travnicek@@strathmore.ca or by fax to (403) 934-9090 Ext 491 (Attention: Social Prescribing). Please ensure patient consent before making a submission.



WHAT HAPPENS NEXT?

Once you submit your referral form, a Link Worker* partners with your patient to develop key goals and access community-based resources. The Link Worker can also attend appointments, make exercise group referrals or help your patient to complete a benefits application form. As the healthcare provider, you will receive updates about your patient's progress.

* A Link Worker is a non-clinical professional employed by a community-based, senior-serving organization. This individual builds relationships with older adults under their care and monitors their progress.

The healthcare sector in Canada is facing a human resources crisis.

HCPs lack the time and resources needed to provide holistic care to patients. Through social prescribing, patients can seek non-medical supports through their community. This preventative approach to care improves short and long-term health, which reduces reliance on costly emergency and primary care resources.



Healthy Aging Alberta

is a rich network of community-based, seniorserving organizations and allies across our province united by a shared vision: to make Alberta one of the best places in the world to grow older. The Strathmore Link Care 55+: Bridging Health with Social Prescribing Program is supported by funding from Healthy Aging Alberta through an anonymous donor.



FOR MORE INFORMATION:

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