

# SOCIAL PRESCRIBING: A HOLISTIC APPROACH TO HEALTH

## Social Prescribing Outcomes<sup>1</sup>



\*Three months post social prescription.  
\*\*Nine months post social prescription.

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.<sup>2</sup> 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.<sup>3</sup>**

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. *Rx: Community - Social Prescribing in Ontario, Final Report* (March 2020). [https://cdn.ymaws.com/aohc.site-ym.com/resource/group/e0802d2e-298a-4d86-8af5-21156f9c057f/rxcommunity\\_final\\_report\\_mar.pdf](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 **Sylvan Lake Aging Well Social Prescribing Program** is a social prescribing program that links the healthcare system to senior-serving organizations in Sylvan Lake. 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 **Complete the Sylvan Lake 55+ Social Prescribing Program Referral Form**.

### STEP 3 Submit a Referral Form

Submit your completed referral form by email to **socialprescribing@sylvanlake.ca**. 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, senior-serving 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 Sylvan Lake Aging Well Social Prescribing Program is supported by funding from Healthy Aging Alberta through an anonymous donor.



## FOR MORE INFORMATION:

Sylvan Lake FCSS located within the

Sylvan Lake Wellness and Community Connections Centre

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