

SOCIAL PRESCRIBING: A HOLISTIC APPROACH TO HEALTH

Social Prescribing Outcomes¹



*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.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. *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
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 Vulcan Social Prescribing Program: Live Long & Live Well is a social prescribing program that links the healthcare system to senior-serving organizations in Vulcan. This reduces the demand on healthcare professionals and better equips them to support older patients (50+). 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

You may ask to see the self-assessment form after the medical examination is complete to determine if a Social Prescription is the next welcomed step.

STEP 2 Write a Social Prescription

Complete the physician portion of the **Referral Form- Social Prescribing** and ask the patient to initial their agreement.

STEP 3 Submit a Referral Form

Instruct the patient how to submit the form to the office of the Link Worker in the Medical clinic. Escort the patient to the Link office if the need is urgent.





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.

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FOR MORE INFORMATION:

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