

WHAT IS SOCIAL PRESCRIBING?

Social prescribing is a holistic approach to healthcare that bridges the gap between medical and community care services. Through social prescribing, healthcare providers can refer patients to community-based programs to improve their health and enhance their quality of life.

Over 80% of a person's health depends on **social determinants of health** like adequate food, housing, income, and relationships with others.¹



1. 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

YOUR HEALTH MATTERS

Social prescribing empowers you to manage your own health and thrive in community. Visit our website to learn more:

Healthy Aging Alberta
<http://calgaryunitedway.org/healthy-aging-alberta/social-prescribing>

For more information contact:

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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 **Whitecourt Seniors Resource Program** is supported by funding from Healthy Aging Alberta through an anonymous donor.



A PRESCRIPTION FOR CHANGE

Whitecourt Seniors Resource Program

Facilitated by Healthy Aging Alberta's Social Prescribing for Older Adults Program

OLDER ADULTS DESERVE TO THRIVE

Most older adults plan on supporting themselves to live safely and independently in their own home for as long as possible.² Community-based programs can complement medical care by providing much-needed assistance like meal preparation and transportation support.

Did you know?

Social prescribing can help reduce the length and frequency of hospital stays. It also helps improve your physical and mental health in the long term.

SUPPORT FOR HEALTHCARE PROVIDERS

Social prescribing allows healthcare providers to focus on what they do best – caring for the medical needs of their patients. When older adults experience non-medical, health-related challenges like financial strain, food insecurity and loneliness, healthcare providers can refer them to a Link Worker* and/or Social Worker for support.

**A Link Worker is a non-clinical professional employed by a community-based, senior-serving organization.*

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

HOW IT WORKS

Whitecourt Seniors Resource Program is a social prescribing program that connects older adults to community-based services and supports in Whitecourt. Through the program, healthcare providers can refer older patients to a Social Prescribing Team to access local resources and improve their overall health and well-being.

SOCIAL PRESCRIBING A FORMAL REFERRAL PATHWAY



STEP 1 Social Prescription

Together with your healthcare provider, you identify a non-medical need that may be affecting your overall health. With your consent, your healthcare provider makes a social prescription, referring you to a Social Prescribing Team.

STEP 2 Social Prescribing Team

The Social Prescribing Team may consist of a Link Worker and/or Social Worker who connects with you to develop your health and social goals.

STEP 3 Support

Working alongside the team, you identify community-based programs and resources to support your goals. This could include home and yard maintenance, recreational programs like yoga or a book club, or help accessing financial benefits. As you participate in these programs, the Link Worker and/or Social Worker provides ongoing support.