

## 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.<sup>1</sup>

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:

The Edmonton Seniors Coordinating Council  
780-423-5635  
socialprescribing@seniorscouncil.net



**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 **Edmonton Seniors 55+ Social Prescribing Program** is supported by funding from Healthy Aging Alberta through an anonymous donor and a grant from the Government of Alberta.



## A PRESCRIPTION FOR CHANGE

**Edmonton Seniors 55+ Social Prescribing 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.<sup>2</sup> 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

**Edmonton Seniors 55+ Social Prescribing Program** is a social prescribing program facilitated by the Edmonton Seniors Coordinating Council, that connects older adults to community-based services and supports. 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.