

Program Description:

The Social Prescribing Program supports seniors to access non-clinical, community-based services to prevent or delay frailty by fostering resilience and social support using a comprehensive, strength-based approach. Participants of social prescribing programs have reported improvements to health and wellbeing, health-related behaviour, emotional state, social contacts and day-to-day functioning. When a health care provider identifies a patient who could benefit from the program they can send a "prescription" to the Seniors' Community Connector who will support the patient to access suitable local sources of support.

Referral Criteria:

Seniors living in the Surrey area who are experiencing:

- social isolation
- emotional problems
- major life events such as loss of a spouse
- chronic diseases
- physical inactivity
- poor nutrition and/or food security concerns
- poor health outcomes associated with social determinants of health (low income, Indigenous/Métis/Inuit, etc.)
- frequent use of primary health care

Examples of non-clinical community support services:

• Physical Activity Programs

Osteofit, walking groups, chair yoga, lawn bowling, Aquafit, Move for Life

• Nutrition/Food Programs

Batch cooking programs, congregate meal programs, cooking classes, Meals on Wheels, Food Bank and food security programs

• Social Programs & Services

Art classes, book clubs, coffee clubs, knitting groups, community centres, mental health services and support with applications for HandyDart, taxi savers, affordable housing

• Caregiver Programs

support groups, education sessions, one-to-one support

What does the social prescription program look like in practice?

