

Who is Social Prescribing for?

Older adults who are self motivated, but could use help connecting with community resources.

What is it?

Much like a doctor prescribes medical solutions to a patient, a Community Connector prescribes **non-medical** social solutions.

Social Prescriptions might include:

- Supportive counselling
- Referrals to community agencies, home support and social clubs
- Assistance with forms or accompaniment to appointments

Solutions are meant to be holistic, empowering and developed in partnership with the participant.



Contact Your Local Community Connector

Vernon, Coldstream & Armstrong



NexusBC Community Resource Centre
102 - 3201 30th Street, Vernon, BC
Tel: 250.545.0585
Email: connector@nexusbc.ca
www.NexusBC.ca

Lumby

Whitevalley Community Resource Centre
2114 Shuswap Avenue, Lumby, BC
Tel: 250.547.8866
Email: info@whitevalley.ca
www.whitevalley.ca

Cherryville

Cherryville Community Food & Resource Society
158 North Fork Road, Cherryville, BC
Tel: 250.547.0089
Email: cherryvilleoutreach@hotmail.com
www.cherryvillefoodandresources.ca



Working with communities in BC's North, Interior, Lower Mainland, Central & Northern Vancouver Island

Social Prescribing



Connecting you to activities, groups and services in the community to meet your practical, social and emotional needs that affect your health and well-being.





Why would I want Social Prescribing?

It can help you to improve your overall well-being and independence.

If you are experiencing...

- Social isolation or loneliness.
- Worries about food security.
- Sadness that stops you from getting out.
- Life changing events such as retirement, bereavement, changes in health status and independence.
- Trouble making healthy lifestyle choices.
- Caregiver fatigue.

How does Social Prescribing Work?

Step 1 - Referral & Assessment

The Community Connector receives and reviews the referral. An assessment is conducted to explore what could improve well-being.

Step 2 - Wellness Plan

Once the participant's goals and strategies have been determined, a personalized wellness plan will be developed.

Step 3 - Connection

The Community Connector will link the participant with local activities and services that support the wellness plan.

Step 4 - Follow Up

The Community Connector will check in to see how things are going with the plan and make adjustments if necessary.

Step 5 - Looking Ahead

Ideally, the participant will no longer need the support of the Community Connector, but can reach out if desired.

How do I access this service?

If you think Social Prescribing could help you or someone you care for, talk to your Health Care Provider or contact your local Community Connector for more information.

Your Community Connector:

- Listens deeply to understand your situation.
- Helps you find and access the right supports.
- Checks in with you along the way so you are not alone.
- Is someone to talk to confidentially.
- Practical, helpful and will not judge you.
- Helps you decide how to improve your well-being.
- Someone who can find supports that meet your needs and support you along the way.

