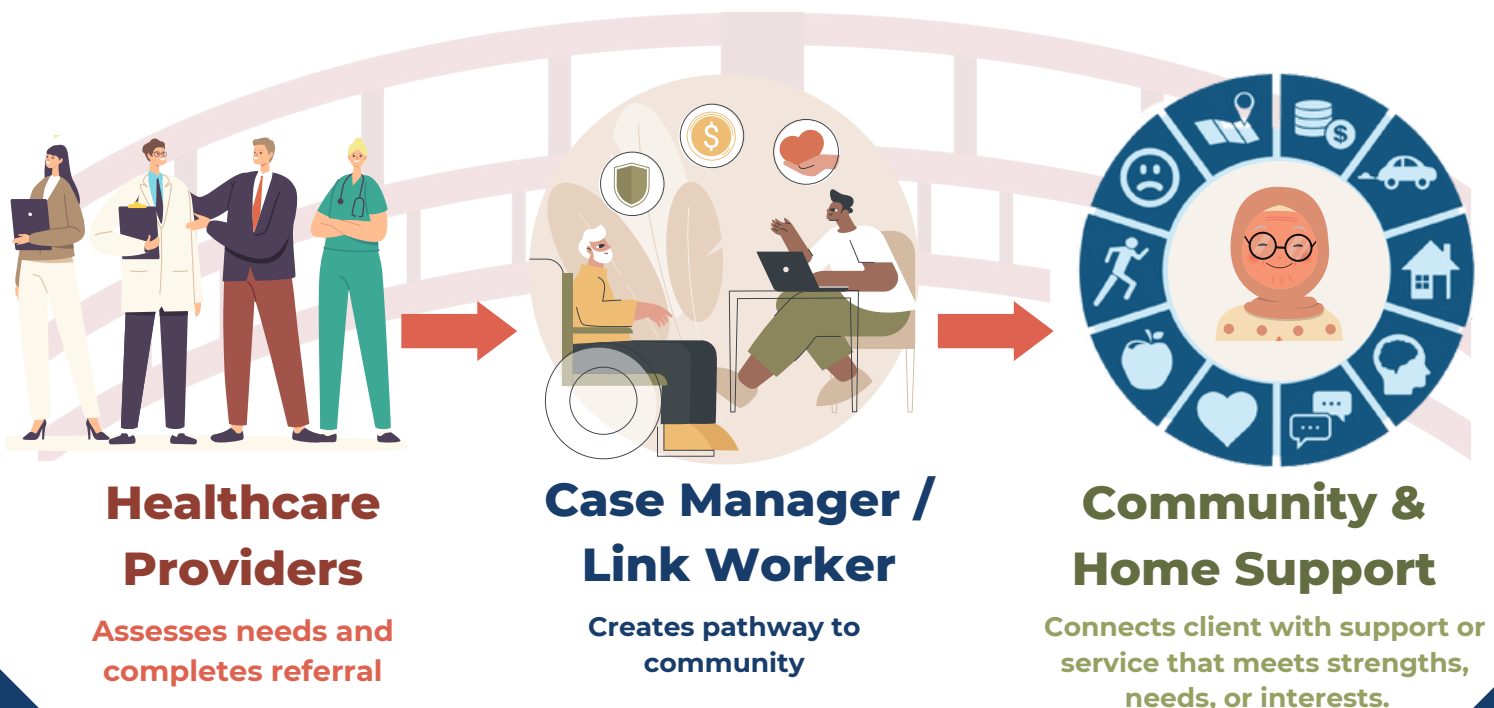


## Social Prescribing Edmonton Seniors 55+ Project Update

The Edmonton Seniors Coordinating Council (ESCC) is supporting a collaborative project, in partnership with SAGE Seniors Association, Jewish Family Services Edmonton, The Multicultural Health Brokers and Drive Happiness to pilot Social Prescribing for Seniors 55+ in Edmonton.

- The Social Prescribing collaborative aims to purposefully link the health care system with community-Based Senior Serving (CBSS) organizations by establishing a formal referral pathway and mechanisms for ongoing collaborative service delivery.
- The project expands and extends the Aging in Community Supports Program (Alberta In-Home Supports Demonstration Project) supported by the Ministry of Seniors and Housing, Alberta Health and Healthy Aging Alberta to reduce the pressure on Alberta's health care system.

**Social Prescribing Edmonton 55+ : Holistic Integrated Care Model**  
The social prescribing approach can reduce the demand on professional health providers and promote seniors' resilience in their communities.



## What is Social Prescribing?

Social prescribing is “a means for trusted individuals in clinical and community settings to identify that a person has non-medical, health related social needs and to subsequently connect them to non-clinical supports and services within the community by co-producing a social prescription – a non-medical prescription, to improve health and wellbeing and to strengthen community connections.” (Establishing Internationally Accepted Conceptual and Operational Definitions of Social Prescribing Through Expert Consensus: A Delphi Study, 2022)



## How does it work?

Healthcare providers while working with their patients may identify a need for social prescribing. Some of these needs may include:

- Navigation of Community Supports and Services
- Assistance with an Application for Financial Benefits
- Meal Assistance/ Food Security
- Housekeeping
- Grocery Shopping
- Assisted Transportation
- Socialization
- Housing
- Legal Assistance
- Elder Abuse
- Snow Shoveling/ Yard Maintenance
- Recreation/ Leisure or Others

When a need is determined, Healthcare Providers can complete the Edmonton Social Prescribing 55 + Referral Form and submit to the Central Intake (SAGE) at [aic@mysage.ca](mailto:aic@mysage.ca) and by Fax (780) 426- 5175. The Healthcare Provider will receive confirmation once a referral is received.

For Further Information on Social Prescribing, contact [socialprescribing@seniorscouncil.net](mailto:socialprescribing@seniorscouncil.net) or call 587-635-1575.

## What happens after a referral is made?

Central Intake will connect patients to “link workers” who work with clients to identify their social needs. If there is a determined need for ongoing long-term or complex need for support, clients will be connected with a Social Prescribing Case Manager who will work with the client to address these complex needs.

## What is a Link Worker?

Link workers are non-healthcare professionals who support clients to develop and achieve a personalized set of goals by engaging with community resources. Link Workers do not replace the role of health providers, rather, they will add an additional support for the client.

## What are the key outcomes of Social Prescribing in Edmonton?

Social prescribing aims to address the social determinants of health and this pilot project will aim to:

- Improve physical and mental health,
- Increase seniors’ confidence living at home,
- Increase social/ community connection.
- Reduce length/ frequency of hospitalization and emergency room visits.
- Measure outcomes to evaluate individual and initiative-wide success.

