

SOCIAL PRESCRIBING: A HOLISTIC APPROACH TO HEALTH

Social Prescribing Outcomes¹



Improves patient rating of health and well-being*

41%

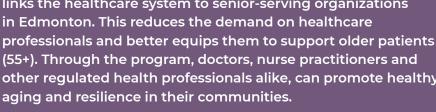
Decreases the number of repeat clinic visits** In Canada, nearly 100% of seniors aged 65 and older plan on supporting themselves to live safely and independently in their own home for as long as possible.² For those who lack natural supports like family relationships, community-based programs help complement their medical care. This allows older adults to experience greater independence and helps reduce the length and frequency of hospital stays.

Over 80% of a person's health depends on social determinants of health like adequate food, housing, income and relationships with others.3

Social prescribing bridges the gap between medical and social care services. When older adults present with non-medical symptoms like loneliness, healthcare professionals can refer them to community-based programs to enhance their quality of life.

START SOCIAL PRESCRIBING TODAY!

The Edmonton Seniors 55+ Social Prescribing Program links the healthcare system to senior-serving organizations in Edmonton. This reduces the demand on healthcare professionals and better equips them to support older patients (55+). Through the program, doctors, nurse practitioners and other regulated health professionals alike, can promote healthy







After your medical examination, determine whether your patient has a non-medical need that is affecting their health and well-being.

STEP 2 Write a Social **Prescription**

Complete the **Edmonton Seniors** 55+ Social Prescribing Program Referral Form.



STEP 3 Submit a Referral Form

Submit your completed referral form to aic@mysage.ca or by fax to **(780) 426-5175** (Attention: Social Prescribing). Please ensure patient consent before making a submission.

^{*}Three months post social prescription.

^{**}Nine months post social prescription.

^{1.} Alliance for Healthier Communities. Rx: Community - Social Prescribing in Ontario, Final Report (March 2020). https://cdn.ymaws.com/aohc.site-ym.com/ resource/group/e0802d2e-298a-4d86-8af5-21156f9c057f/rxcommunity_final_report_mar.pdf

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

^{3.} 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



WHAT HAPPENS NEXT?

Once you submit your referral form, a Link Worker* partners with your patient to develop key goals and access community-based resources. The Link Worker can also attend appointments, make exercise group referrals or help your patient to complete a benefits application form. As the healthcare provider, you will receive updates about your patient's progress.

* A Link Worker is a non-clinical professional employed by a community-based, senior-serving organization. This individual builds relationships with older adults under their care and monitors their progress.

The healthcare sector in Canada is facing a human resources crisis.

HCPs lack the time and resources needed to provide holistic care to patients. Through social prescribing, patients can seek non-medical supports through their community. This preventative approach to care improves short and long-term health, which reduces reliance on costly emergency and primary care resources.



Healthy Aging Alberta

is a rich network of community-based, seniorserving 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.

















The Edmonton Seniors Coordinating Council 780-423-5635

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