

## How can Social Prescribing work for me?

It can help you to improve your overall wellbeing and independence.

### If you are experiencing...

- Social isolation or loneliness
- Worries about food security
- Needing help with housing or benefit applications
- The desire to be more physically active or make other healthy lifestyle changes
- Life changing events such as retirement, bereavement, changes in health status and independence
- Wanting to be more involved within the community
- Caregiver fatigue

## Who is Social Prescribing for?

Adults 65+, living in the Kamloops area, who are self-motivated and could use help connecting to community resources.

## What is Social Prescribing?

**Social Prescribing** is a holistic, person-centered, and community-based approach to health and wellbeing.

It helps to bridge the gap between medical and non-medical social supports and services.

### Social Prescribing might include:

- Referrals to community agencies, courses, clubs and services
- Assistance with forms or setting up appointments
- Collaboration in designing and implementing an individual wellness plan with supportive follow-ups



# SOCIAL PRESCRIBING

## For Better Health and Wellbeing

Social Prescribing helps older adults explore community services and activities that can support them to improve health, wellbeing, and independence.



## How does Social Prescribing work?

### Step 1 - Referral & Assessment

The Community Connector receives and reviews the referral. They will contact the participant to schedule an assessment to explore what they may need.

### Step 2 - Wellness Plan

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

### Step 3 - Connection

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

### Step 4 - Follow Up

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

### Step 5 - Graduation!

The participant has established the new strategies from their well-being plan. They no longer need the support of the Connector, but can reach out if desired.



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

## Your Community Connector:

- Is someone to talk to confidentially
- Is practical, helpful, and listens supportively to what you need
- Helps you decide how to improve your wellbeing
- Can find resources that meet your needs and support you along the way

## How do I access service?

If you think the Social Prescribing service can help you or someone you care for, talk to your Health Care Provider or contact your local Social Prescribing Community Connector for more information and to self-refer.

For more information or to make a referral, contact:

### Mount Paul Community Food Centre

140 Laburnum St  
Kamloops BC  
V2B 1G4

236-421-1011

connector@  
interiorcommunityservices.bc.ca