

## Who is Social Prescribing for?

Older Adults 60+ living in the Boundary who are self motivated but could use help connecting with community resources.



1. People who are active, motivated, and energetic. They exercise regularly and are among the fittest for their age.



2. People who have no active disease symptoms but are less fit. They exercise and are very active occasionally, such as seasonally.



3. People who's medical problems are well controlled but are not regularly active beyond routine walking.



4. While not dependent on others for daily help, activities are limited. Commonly feel slowed up or tired during the day.

## How do I access service?

If Social Prescribing service can 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 to 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 wellbeing.
- Someone who can find supports that meet your needs and support you along the way

**Your community connector is:**  
**Susan**

**250-442-2267 ext 40263**  
**[susan.proudman@bfiss.org](mailto:susan.proudman@bfiss.org)**



## SOCIAL PRESCRIBING

### For Better Health and Wellbeing

## What is the Social Prescribing service?

It can help you improve your overall wellbeing and independence

### Are you experiencing...

- Social isolation or loneliness.
- Worries over 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

A health professional can talk to you about how Social Prescribing services may help you and send a referral to the Community Connector on your behalf

### Step 2

Your Community Connector will aim to contact you within two weeks to schedule an appointment to discuss the referral.

### Step 3

They will spend time with you exploring what activities, services and local support could improve your health and wellbeing

### Step 4

Together you will identify goals and create a personalized wellness plan to achieve them.

### Step 5

They will connect you with local services and activities that can enhance your wellbeing.



**United Way**  
British Columbia

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