



## Prescribing Wellness for Older Adults Referral Form

CLIENT INFORMATION			
Name of Client:		Language Spoken:	
Client Phone:	PHN:	DOB: D / MO/ YR	Gender:
Address:			

REFERRING INFORMATION		
Date of Referral:	Referrer Information (Name and Position):	Phone:
Can we contact client directly? If no, provide alternate name & phone number:		
Would referrer like a 6-week follow up report? <input type="checkbox"/> Yes <input type="checkbox"/> No Please provide email address or fax for the report:		
<b>PATIENT CONSENT:</b> <input type="checkbox"/> Check this box if patient has been informed of referral and agrees to undertake social prescribing		

PREScription/Reason for Referral
<input type="checkbox"/> Physical Activity Programs: <input type="checkbox"/> Nutrition/Food Programs: <input type="checkbox"/> Social Programs & Services: <input type="checkbox"/> Caregiver Programs: <input type="checkbox"/> Community resource navigation <input type="checkbox"/> Other:
<b>**Are there any restrictions or limitations to be aware of? Please indicate:</b>
Additional information:
<p><b>Please email (this page only) to <a href="mailto:socialprescribing@success.bc.ca">socialprescribing@success.bc.ca</a> or fax to 604-408-7236</b></p>



**Healthy Aging**  
by United Way At home. In community.



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### What is Social Prescribing?

Social prescribing is when health professionals refer patients to support in the community, in order to improve their health and wellbeing. The social prescribing program is aim to increase client's quality of life, reduce social isolation, improve client's mental and physical wellness, and decrease the use of health care services.

### Why Social Prescribing?

The sense of belonging that comes from being part of a community group and having peer support can reduce loneliness and anxiety. It helps people to find a new sense of purpose, enjoying activities they might not otherwise have tried before, such as arts, cultural activities, walking, running, gardening, singing and making connections to the outdoors. Being connected to community groups through social prescribing enables people to be more physically active and improves mental well-being.

### What does the Community Wellness Worker do?

Community wellness workers help each individual clients put together a personalized combination of community-based activities that are specifically chosen to fit their lifestyle, interests, and special needs in ways that complement any pharmaceutical prescriptions. Community wellness workers work closely with the prescribers, building a trust relationship with client, develop and implement wellness plan with clients, refer client to culturally appropriate community resources, encourage clients' participation by accompany them to programs and activities, follow up with clients regarding their progress, and provide other relevant support as need.

### Referral Criteria:

Seniors 55+ living in Centre North area of Vancouver (Northeast False Creek, Downtown Eastside and Grandview Woodlands) who are or may be:

- Socially isolated / marginalized
- Experiencing mental health or emotional distress
- Have a chronic disease
- Physically inactive
- Have poor nutrition and/or food security concerns
- Experiencing poor health outcomes associated with social determinants of health
- Frequent use of primary health care



S.U.C.C.E.S.S.'S Catchment Area

### Examples of Social Prescribing categories:

- Physical Activity Programs: Walking groups, Tai Chi, yoga, exercise group, games/sports activities
- Nutrition/Food Programs: Grocery shopping, food Bank, Meals on Wheels, cooking classes, gardening activities
- Social Programs & Services: Wellness buddy friendly visiting, book clubs, support groups, language support, health workshops
- Access to information and support: Housing, Better at Home, transportation, income tax, benefits, SAFER, mental health services