



Volunteer Cowichan
SOCIAL PRESCRIBING PROGRAM



United Way
Healthy Aging

Referral Form

Please review the Referral Guide on back of form for program description, referral criteria and examples of non-clinical services that may benefit your patient.

If you have any questions, please contact the Social Prescribing Coordinator at: 250-748-2133.

Referrer Information/Physician Office: Stamp or name, phone and/or fax	Patient Information: Name, contact information
Name <small>Referrer Name</small>	Name <small>Patient Name</small>
Phone/Fax <small>Phone Number or Fax</small>	Phone <small>Phone Number</small>
Address <small>Address</small>	Address <small>Address</small>
Email <small>youremail@.com</small>	Email <small>youremail@.com</small>

Referral Date: Click enter date

- ☐ Physical Activity Click here to enter text
- ☐ Nutrition/Food Click here to enter text
- ☐ Social Activity Click here to enter text
- ☐ Caregiver Program Click here to enter text

** Are there any restrictions or limitations to be aware of? Yes ☐ No ☐

Please explain

Six-week follow-up report instructions	Physician/Referrer: <small>Name</small> <input type="checkbox"/> Call to office <small>Ph: Phone Number</small> <input type="checkbox"/> Fax to office <small>Fax: Fax Number</small>
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☐ Check box if patient has been informed of referral and agrees to undertake social prescription

Email this page only to: socialprescribingcowichan2133@gmail.com

Statement of Confidentiality: The Social Prescription Program at Volunteer Cowichan respects the privacy of our program participants. Volunteer Cowichan takes the confidentiality of its clients, participants, volunteers, and employees seriously. All records dealing with the Social Prescription Program will be treated as confidential and will not be distributed outside of the organization without the program participant's consent

Referral Guide

Program Description

The Social Prescribing program supports seniors to access non-clinical, community-based services to prevent or delay frailty by fostering resilience and social support using a comprehensive, strength-based approach. Participants of social prescribing programs out of the UK have reported improvement to health and wellbeing, health-related behaviour, emotional state, social contracts and day-to-day functioning. When a Healthcare provider identifies a patient, who could benefit from the program, they can send a “prescription” to the Social Prescribing Coordinator who will support the patient to access suitable local sources of support.

Referral Criteria

Seniors in the Cowichan Region who are experiencing:

- Social isolation
- Depression/anxiety
- Major life events such as loss of a spouse
- Common health issues such as heart failure and COPD
- Physical inactivity
- Poor nutrition and/or food insecurity concerns
- Poor health outcomes associated with social determinants of health (low income, Indigenous/Metis/Inuit, LGBTQA2S, history of Adverse Childhood Experience etc.)
- Frequent use of primary health care

Examples of Non-clinical Community Support Services

- **Physical Activity Programs**
 - Osteofit, walking groups, chair yoga, lawn bowling, Aquafit, Move for Life
- **Nutrition/Food Programs**
 - Batch cooking programs, community kitchens, cooking classes, Meals on Wheels, Food Bank and food security programs
- **Social Programs and Services**
 - Art classes, book clubs, coffee clubs, knitting groups, community centres, mental health services and support with applications for HandiDart and affordable housing
- **Caregiver Programs**
 - Support groups, education sessions, one-to-one support

WHAT DOES THE SOCIAL PRESCRIPTION PROGRAM LOOK LIKE IN PRACTICE?

