

Seniors' Community Connector

Social Prescribing Program

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 Seniors' Community Connector at: **778-539-5435 or reshidl@comserv.bc.ca**

Referrer Information/Physician Office:
Stamp or name, phone and/or fax number

Patient Information:
Name, contact information

Referral date:

Please identify the area of support the patient would like help connecting with (examples on back):

- ☐ Physical Activity Programs _____
- ☐ Nutrition/Food Programs _____
- ☐ Social Programs & Services _____
- ☐ Caregiver Programs _____

****Are there any restrictions or limitations to be aware of? (please indicate below)**

6-week follow-up report instructions

Physician/Referrer: _____

☐ Call to office PH: _____

☐ Fax to office FAX: _____

☐ Check box if patient has been informed of referral and agrees to undertake social prescription

Physician/Referrer Sign: _____

**Email (this side only) to:
reshidl@comserv.bc.ca**

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

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 Canada have reported improvements to health and wellbeing, health-related behaviour, emotional state, social contacts 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 *Seniors' Community Connector* who will support the patient to access suitable local sources of support.

Referral Criteria:

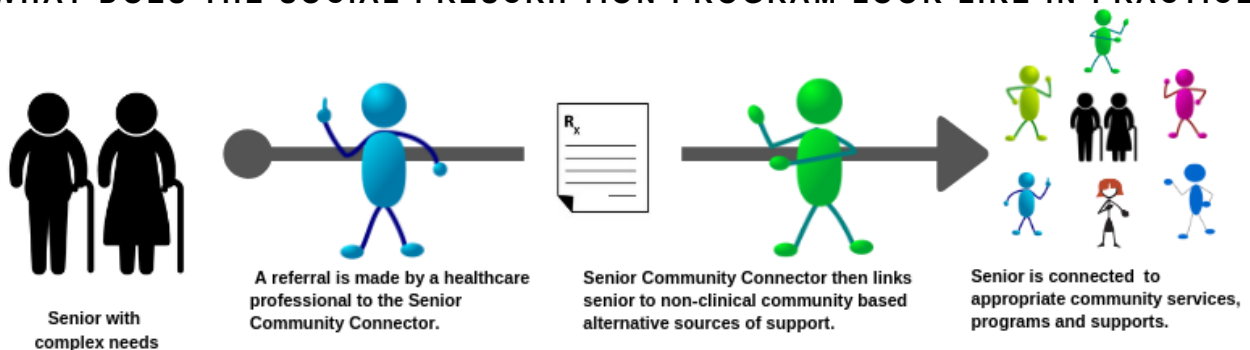
Seniors living in Chilliwack who are experiencing:

- 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 security concerns;
- poor health outcomes associated with social determinants of health (low income, Indigenous/Métis/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, congregate meal programs, cooking classes, Meals on Wheels, Food Bank and food security programs
- **Social Programs & Services**
 - Art classes, book clubs, coffee clubs, knitting groups, community centers, mental health services and support with applications for HandyDart, taxi savers, affordable housing
- **Caregiver Programs**
 - support groups, educations sessions, one-to-one support

WHAT DOES THE SOCIAL PRESCRIPTION PROGRAM LOOK LIKE IN PRACTICE?



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