



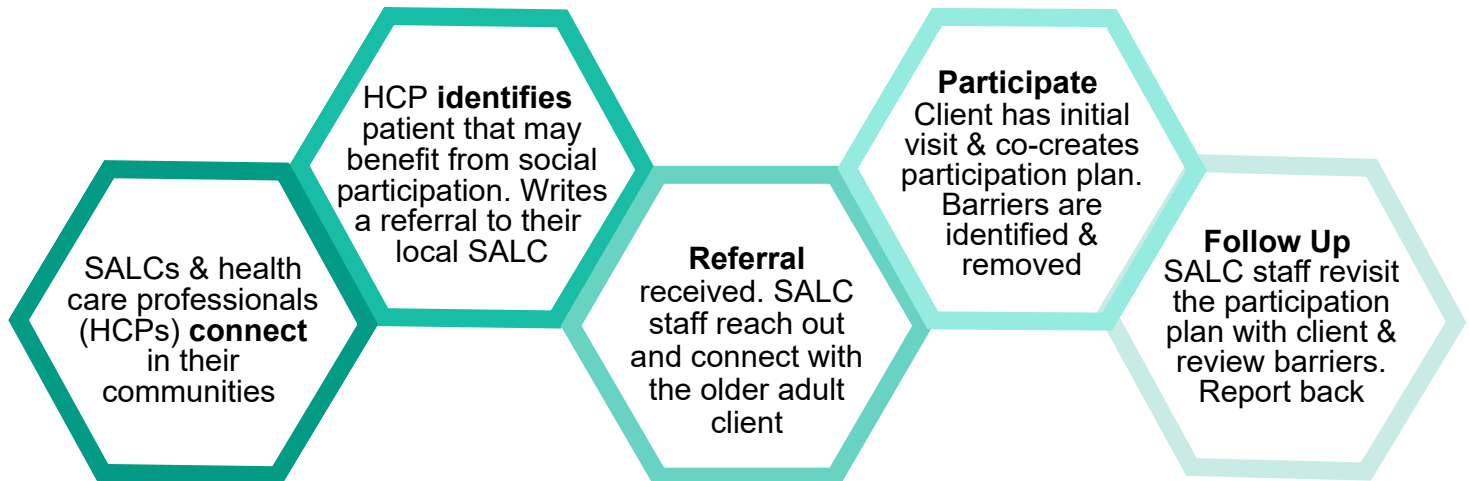
## ***A pathway for health care providers to link older adults to social and recreational opportunities to promote their wellbeing***

Research shows that participating in social and recreational activities has a measurable, positive effect on the health and wellbeing of older adults. Finding meaningful opportunities for isolated older adults is critical. Social prescriptions to Seniors Active Living Centres (SALCs) can help to achieve this outcome.

### **WHAT IS SOCIAL PRESCRIBING?**

Social prescribing is “a means for trusted individuals in clinical and community settings to identify that a person has non-medical, health-related social needs and to subsequently connect them to non-clinical supports and services within the community by co-producing a social prescription – a non-medical prescription, to improve health and wellbeing and to strengthen community connections.”<sup>1</sup>

### **WHAT DOES LINKS2WELLBEING SOCIAL PRESCRIBING LOOK LIKE?**



### **WHO MIGHT BENEFIT FROM THIS REFERRAL?**

Individuals presenting with symptoms related to loneliness, social isolation, or other isolating factors such as caregiver fatigue, loss of a spouse, or being new to the community.

### **WHAT ARE THE ANTICIPATED BENEFITS FOR YOUR PATIENTS?**

- Builds social connections and expands the older adult's network of peer support
- Improves health and wellbeing, reduces loneliness, and increases community connectedness
- Results in potentially fewer medical or emergency department visits
- Reduces participation barriers as older adults are empowered to identify their needs and values and to connect with what matters most to them

### **WHAT ARE THE POTENTIAL BENEFITS FOR YOU AND YOUR HEALTH CARE TEAM?**

- Fewer non-medical visits where presenting symptoms relate to loneliness and/or social isolation
- Ability to use time effectively by directing patients to supports that address non-medical needs
- Gaps in the healthcare system are filled by creating links between health and social resources

<sup>1</sup>Muhl, C., Mulligan, K., Bayoumi, I., Ashcroft, R., & Godfrey, C. (2022). Establishing internationally accepted conceptual and operational definitions of social prescribing through expert consensus: A Delphi study. medRxiv. <https://doi.org/10.1101/2022.11.14.22282098>

## WHAT IS A SENIORS ACTIVE LIVING CENTRE?

Seniors Active Living Centres offer social, cultural, learning and recreational programs for older adults that promote health, wellbeing and social connections. Programs are most often offered directly in the community through a community centre or a local space. Some SALCs offer virtual and phone programs.

## I'M INTERESTED! HOW DO I CONNECT TO LINKS2WELLBEING?

The first step is always to connect with your local Seniors Active Living Centre. Many centres are actively doing outreach to health care providers, but inquiries for partnership are always welcome!

## OUR NETWORK OF PARTNERS



The Links2Wellbeing social prescribing map lists all of our participating Seniors Active Living Centres (SALCs) across Ontario.

Visit the [map here](#).



## REFERRAL PROCESS

When you connect with a Seniors Active Living Centre, staff will share:

- Information on what programs & services they offer at their centre
- A copy of their referral form and the process by which to refer (email, fax, etc.)

It is important to note that in respect for privacy, referral forms do not require medical information and only include contact information for the client and the person who provided the referral.

**Client Referral Form**

Date: \_\_\_\_\_

Client name: \_\_\_\_\_

Client phone #: \_\_\_\_\_

Client email address (if applicable): \_\_\_\_\_

Program interests/other notes: \_\_\_\_\_

Please note that these social and recreational programs are not able to serve clients requiring clinical interventions or those individuals who are living with significant cognitive impairments.

Referring organization: \_\_\_\_\_

Select one:

☐ CHC ☐ FHT ☐ Community Paramedic ☐ Solo Physician ☐ Nurse Practitioner Led Clinic ☐ Hospital ☐ Pharmacist ☐ Other

Referrer name: \_\_\_\_\_

Referrer position: \_\_\_\_\_

Direct phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please fax or e-mail\* this referral form to:

☐ \*Where fax or e-referral is unavailable, you are responsible for obtaining your client's consent to transmit their information via e-mail. By checking this box, you verify that the client consented to the use of e-mail to share the above information for the purposes of connecting them with programs at the referral partner(s) below.

<input type="checkbox"/> Centre A Name Centre A Fax Centre A Phone number Centre A E-mail	<input type="checkbox"/> Centre B Name Centre B Fax Centre B Phone number Centre B E-mail	<input type="checkbox"/> Centre C Name Centre C Fax Centre C Phone number Centre C E-mail
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OACAO's Links2Wellbeing team is pleased to offer information sessions and presentations to interested parties on a per request basis. If you are working within the health care field and would like to learn more about Links2Wellbeing and social prescribing, please contact us.

[L2W@oacao.org](mailto:L2W@oacao.org)

[www.oacao.org/programs/links2wellbeing](http://www.oacao.org/programs/links2wellbeing)



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The Voice of Older Adult Centres  
La voix des centres pour aînés