



## ***A pathway for health care providers to link older adults to social and recreational opportunities at your Seniors Active Living or Older Adult Centre to support their wellbeing***

Research shows that participating in social and recreational activities has a measurable effect on the health and wellbeing of older adults. Finding meaningful opportunities for isolated individuals is critical. Social prescriptions to your Seniors Active Living Centre (SALC) 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 A SOCIAL PRESCRIPTION?**

Clients 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 CLIENTS?**

- 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 YOUR CENTRE?**

- Promotes awareness of, and participation in, your Centre's recreational programs and activities
- Connects you with lonely and socially isolated older adults who may otherwise be hard-to-reach
- Improves information-sharing and collaboration with health care providers in your community

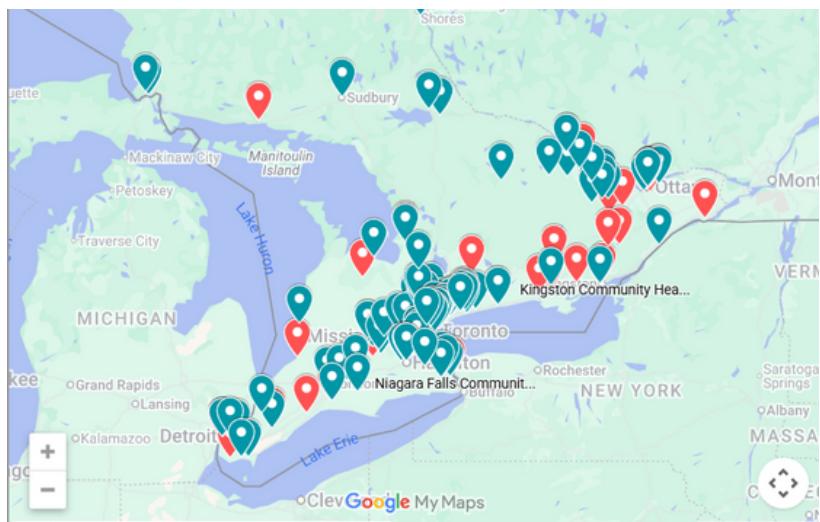
<sup>1</sup>Muhl, C., Mulligan, K., Bayoumi, I., Ashcroft, R., & Godfrey, C. (2022). Establishing internationally accepted conceptual and operational definitions of social prescribing through expert consensus: A Delphi study. *medRxiv*. <https://doi.org/10.1101/2022.11.14.22282098>

## WHAT DO YOU GET WHEN YOU PARTICIPATE IN LINKS2WELLBEING?

By joining our growing network of partners, you can:

- Access microgrants to reduce participation barriers (e.g., subsidies for membership & program fees)
- Gain practical tools and resources for connecting with health care providers in your area, setting up your program, and evaluating its impact
- Receive onboarding sessions and monthly virtual training and learning opportunities
- Create new referral pathways for connecting with isolated older adults in your community
- Engage your volunteers in meaningful ways to help co-create participation plans
- Join provincial and national communities of practice to share knowledge and creative practices

## OUR NETWORK OF PARTNERS



The Links2Wellbeing social prescribing map lists all of our participating Seniors Active Living and Older Adult Centres as well as Community Health Centres (CHCs) across Ontario.

Visit the [map here](#).



## I'M INTERESTED! HOW DO I JOIN?

Each year, there is a rolling application deadline for OACAO members\* until the limited number of spots are filled. If you are interested in joining or learning more, please reach out to Dena Silverberg, Links2Wellbeing Outreach and Engagement Coordinator, at [dena@oacao.org](mailto:dena@oacao.org) to learn more!

To read about Links2Wellbeing, the benefits of social prescribing, our growing network, project reach, and client impact stories, check out our webpages at [www.oacao.org/programs/links2wellbeing](http://www.oacao.org/programs/links2wellbeing)

*\*Not yet a member of the OACAO? We encourage you to reach out to discuss participation options.*

OACAO's Links2Wellbeing (L2W) team is pleased to offer information sessions and presentations to interested Seniors Active Living or Older Adult Centres and health care providers on a per request basis. If you would like to learn more, please contact us.

**L2W@oacao.org**

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



**OACAO**

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