



# Social Prescribing for 65+ Referral Form

Offered by SHARE Family and Community Services, Social Prescribing connects seniors living in the Tri-Cities or New Westminster to appropriate community programs and services that help them enrich their lives. Please see the reverse page for more program information. If you have any questions, contact the Program Coordinator at

(604) 540.9161 or [socialprescribing@sharesociety.ca](mailto:socialprescribing@sharesociety.ca)

**Referrer Information/Physician Office:**

Stamp or name, agency, email, phone number & date of referral

**Patient Information:**

Name, Contact information, PHN

PHN:

Please check the categories you feel the patient would benefit from being connected with (examples on back of form):

- Physical Activity Programs\*\* \_\_\_\_\_
- Nutrition/Food Programs \_\_\_\_\_
- Social Programs & Services \_\_\_\_\_
- Access to Information & Support \_\_\_\_\_

\*\*Are there any restrictions to be aware of? (please indicate below, if yes)

## Fax (this side only) to 604-540-2290

or email to [socialprescribing@sharesociety.ca](mailto:socialprescribing@sharesociety.ca)

**PATIENT CONSENT:**

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

Would referrer like a 6-week follow up report?  Yes  No

Did referrer utilize the Geriatric Assessment Tool for this referral?  Yes  No

Statement of Confidentiality: At SHARE Family and Community Services, all matters and information pertaining to participants, volunteers and /or staff are treated highly confidential. Under no circumstances may such information be divulged either inside or outside the organization other than to persons authorized to receive such information in the course of their duties, except as agreed by the participant or relevant staff person or volunteer.



by United Way At home. In community.





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or email to [socialprescribing@sharesociety.ca](mailto:socialprescribing@sharesociety.ca)

**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 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 SHARE Family and Community Services which will support the patient to access appropriate community programs and services.

## *Target Population:*

Seniors living in Coquitlam, Port Coquitlam, Port Moody, Anmore, Belcarra or New Westminster who are or may be:

- Socially isolated / marginalized
- Experiencing emotional problems and/or major life events such as loss of a spouse
- Have a chronic disease
- Physically inactive
- Have poor nutrition and/or food security concerns;
- Experiencing poor health outcomes associated with social determinants of health

## *Examples of social prescribing categories:*

- **Physical Activity Programs**  
(Walking groups, Fitness classes, games/sports activities)
- **Nutrition/Food Programs**  
(Food Bank and food delivery services, Grocery shopping, Meals on Wheels, cooking classes, vegetable gardening activities)
- **Social Programs & Services**  
(Friendly visiting program, social groups, coffee met-ups, book clubs, support groups, language support)
- **Access to information and support**  
(Housing, transportation, income tax, pension and other benefits, SAFER, caregiving, mental health services)