



We connect, engage and strengthen individuals & families.



United Way
Healthy Aging

Fraser Northwest
Division of Family Practice
A GPSC initiative



Ask your family doctor or other healthcare provider about getting connected today, or contact us!

Who qualifies:

- 65+ living at home in Tri-Cities
- The program conducts an assessment to confirm eligibility.

Cost: Free

For more information please contact:

SHARE Family and Community Services



604.540.9161
Fax: 604-540-2290



socialprescribing@sharesociety.ca



Location: 500 - 2755 Lougheed Highway, Port Coquitlam BC V3B 5Y9

www.sharesociety.ca



For adults 65+

Social Prescribing Program





What is Social Prescribing Program?

Social Prescribing is a community-based program for adults 65+ who are referred by their family doctor/GP, other healthcare providers, family members, friends or self-referral. We help the referred person access appropriate non-medical services that enhance their wellbeing and quality of life.

The program...

Connects older adults to community activities and/or services that interest them and that promote physical activity, nutrition, social connection and independence.

We can help you access community resources like the following:

Physical Activities



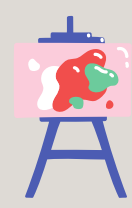
Friendship & Belonging

Nutrition & Healthy Eating



Resource Information & Navigation

Arts & Culture



Social prescribing objectives

- ✓ Increase older adults' utilization of community-based wellness supports (e.g. physical activity, social activity, mental health, nutritional support, etc.)
- ✓ Improve older adults' quality of life (e.g. improved physical health, improved mental health, ability to choose to live at home, etc.)
- ✓ Increase older adults' sense of social connectedness.
- ✓ Improve older adults' confidence and ability to use the community-based seniors' services in their community.
- ✓ Decrease older adults' use of health care services (e.g. acute and emergency resources, home health services, physician services, etc.)
- ✓ Increase linkages between primary care, health authorities and community resources.