



Social Prescribing in Saskatchewan

SOCIAL PRESCRIBING: *A holistic approach to health*

Social Prescribing Outcomes



+57%

Improves patient rating of health and well-being*

-41%

Decreases the number of repeat clinic visits**

* Three months post social prescription.
** Nine months post social prescription.

"In Canada, nearly 100% of older adults age 65+ plan on supporting themselves to live safely and independently in the home and community of their choice for as long as possible."²

Often family and friends can provide help but community-based programs can provide more comprehensive support for everyone who needs it. This community interdependence allows older adults to age well in their homes. It also helps reduce the frequency of medical interventions and hospital stays.

Over 80% of a person's health depends on social determinants of health like food security, ability to choose where and how to live and relationships with others.³

Social prescribing bridges the gap between medical and community services. When older adults present with non-medical symptoms like loneliness, lack of transport or food insecurity, healthcare professionals can refer them to community-based services and programs to enhance their quality of life.

BENEFITS FOR:

Social Prescribers	Health Systems	Individuals and Community
Satisfaction of finding non-medical support for patients who need it	Fewer ambulance calls	Improved health and well-being for individuals (e.g. fewer falls)
Clarity and simplicity of one social prescription/referral form per patient	Less demand and pressure on emergency services	Community groups enlivened by supporting those who participate in activities
Reduction in repeat visits	Fewer hospital admissions	Reduced feelings of loneliness and depression
Reduced feelings of burnout	Reduction in Health Care system costs	Socio-economic growth for communities
Supports person-centered care that considers social determinants of health	Supports a more person-centered model of care	Increased person-centered care

- Alliance for Healthier Communities. Rx: Community - Social Prescribing in Ontario, Final Report (March 2020). https://cdn.ymaws.com/aohc.site-ym.com/resource/group/e0802d2e-298a-4d86-8af5-21156f9c057f/rxcommunity_final_report_mar.pdf
- National Institute of Ageing (NIA)/TELUS Health Survey (2020)
- Hood CM, Gennuso KP, Swain GR, et al. County health rankings: relationships between determinant factors and health outcomes. *Am J Prev Med* 2016;50:129–35. doi:10.1016/j.amepre.2015.08.024

SOCIAL PRESCRIBING: *How it Works*



Social Prescribing in Saskatchewan links the healthcare system to community organizations that serve the needs of older adults (55+). This reduces the demand on healthcare professionals and better equips them to support older patients. Through the initiative, doctors, nurse practitioners and other health professionals can promote community support for healthy aging and respect for their older population.



SOCIAL PRESCRIBING PATHWAY FOR PRESCRIBERS

STEP 1

Make an Assessment

After your medical examination, determine whether your patient has a non-medical need that is affecting their health and well-being and could be addressed by community services and programming.

STEP 2

Complete a short Social Prescription/Referral Form.

STEP 3

Submit your completed social prescription/referral form to the Community Connector.

Please ensure the patient consents before making a submission to the Community Connector.

WHAT HAPPENS NEXT?

Once you submit the social prescription, the Community Connector (CC) partners with the individual to get to know them, collect relevant data and develop their personal plan and objectives for improved health and well-being. The CC can help the individual choose community-based possibilities as well as attend appointments, make referrals and help find support for the individual as they begin their journey to better health and well-being.

As the healthcare provider, you will receive updates about your patient's progress.

A community connector is a non-clinical professional employed by a community-based anchoring agency. The CC has links to organizers responsible for various programs and services within the community. The CC builds relationships with older adults and supports them as they follow their plan.

For Further Information

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