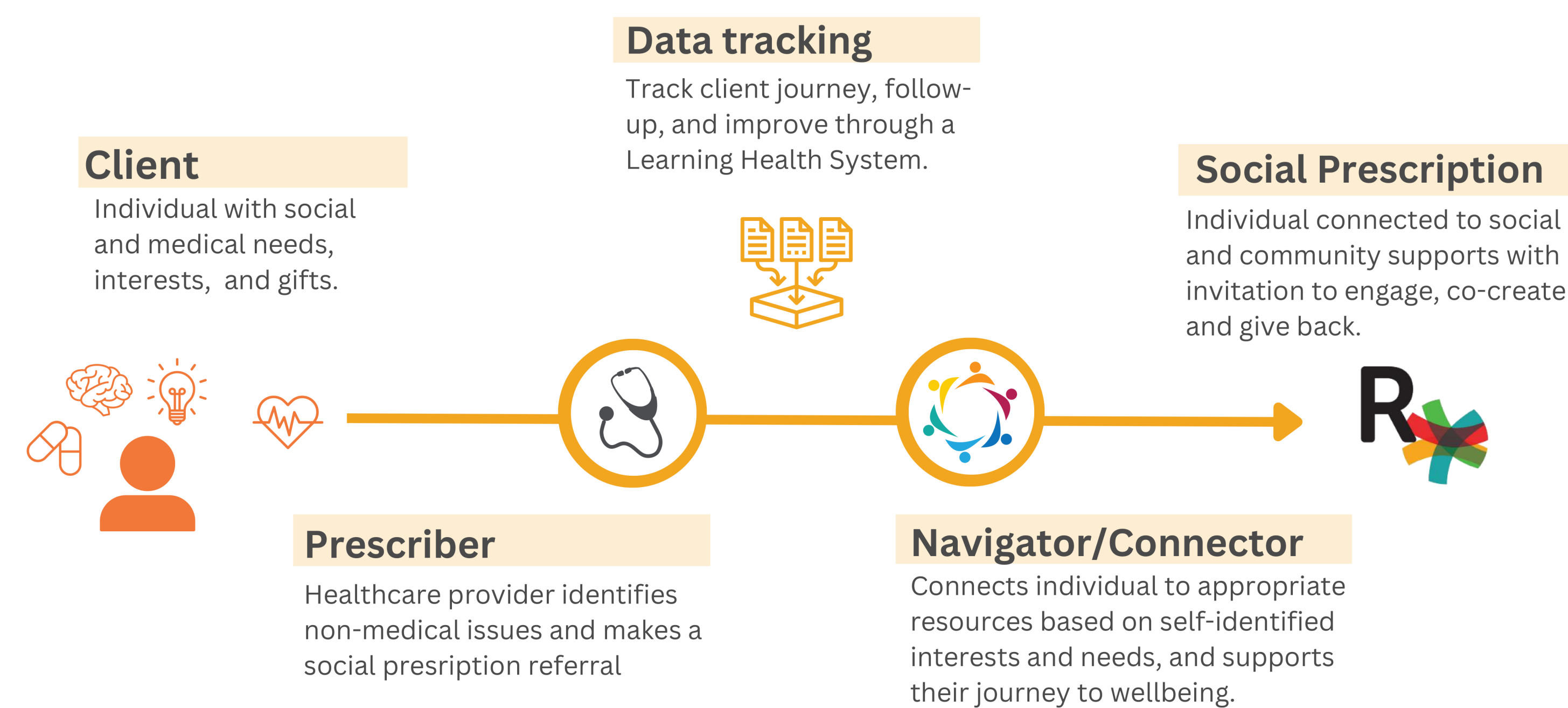




# The Magic of Social Prescribing: Connection

## A PATHWAY TO MORE CONNECTED COMMUNITIES

Social Prescribing supports health and wellbeing by connecting people with non-clinical programs and services. These programs can include social connection, arts, culture, nature, community meal programs, and more. Generally, Social Prescribing is grounded in the role of link worker, navigator or health promoter. The pathway is different in each community depending on local resources, needs and capacity.



## PAST RESULTS



Participants in the Alliance for Healthier Communities' research pilot Rx: Community – Social Prescribing reported:

**49%** decrease in loneliness    **12%** increase in mental health    **19%** increase in social activities

Partnering with the Older Adults Centres' Association of Ontario, the Links2Wellbeing project offers social prescribing for older adults. Here are some highlights from 10 months of data year 2 of the program:



**753+** older adults referred to program to date    **33%** reported improved physical and mental health    **50%** decrease in loneliness

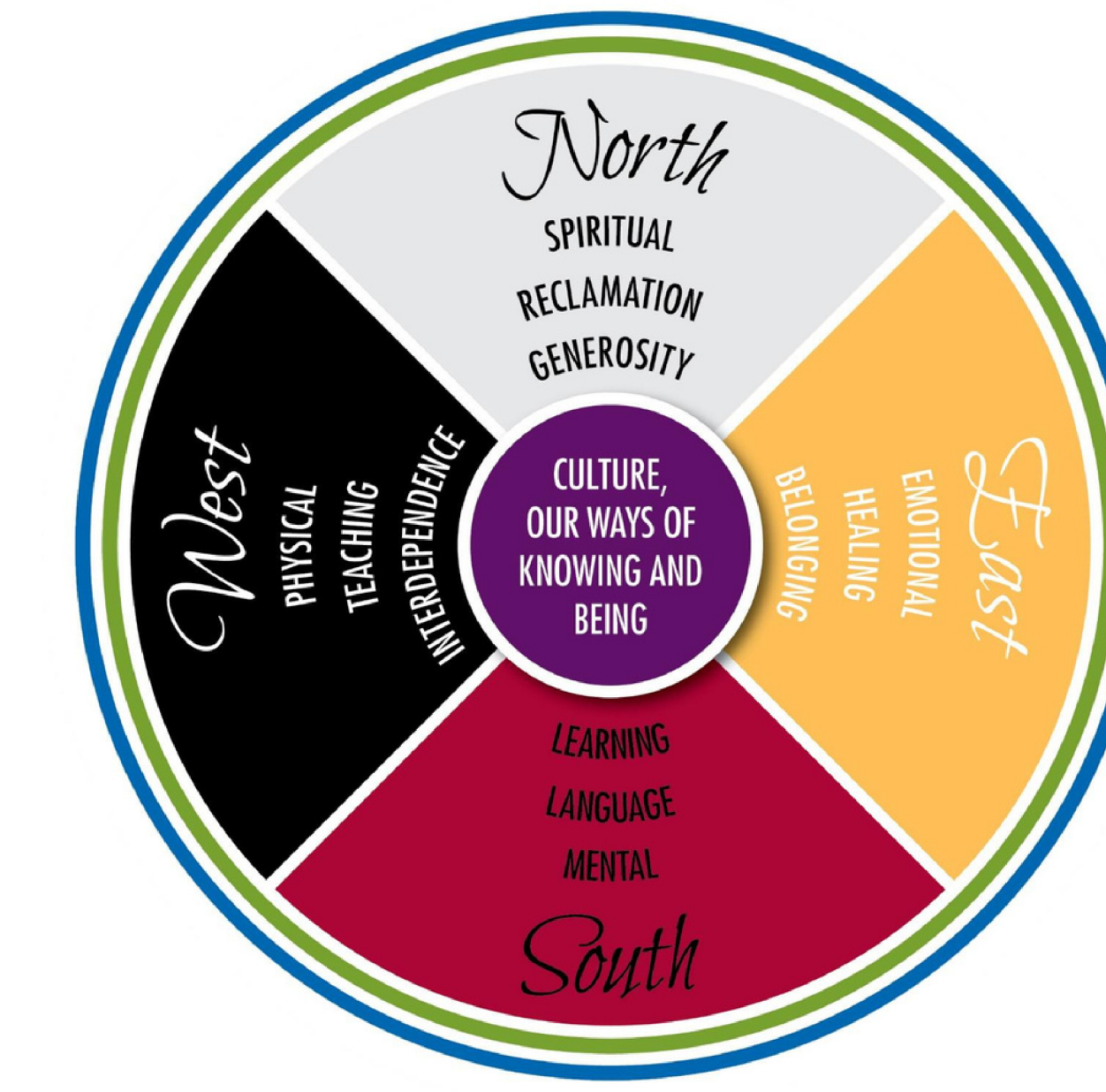


### Decrease in repeat visits

Social prescribing decreased the number of repeat visits by clients by 5 % at 3 months and 42% at 9 months.



## ALLIANCE MODEL OF HEALTH & WELLBEING AND SOCIAL PRESCRIBING



Social Prescribing has been underway in our centres since 2018. For Alliance members, it is grounded by the principles of the Model of Health and Wellbeing and the Model of Wholistic Care to support comprehensive primary care and healthier more connected communities.

Our model distinguishes itself by using **health equity** to inform our approach, working with clients who face the most barriers, in diverse urban and rural settings:

RACIALIZED & BLACK

INDIGENOUS

FRANCOPHONE

LGBTQ2S+

## CURRENT PROJECTS

Based on the success of our 2018 pilot, we've launched these three projects:

BLACK  
FOCUSED  
SOCIAL  
PRESCRIBING

Our *Black-Focused Social Prescribing* project provides culturally competent programs for Black families and their communities.

Links2Wellbeing  
social prescribing for older adults

The *Links2Wellbeing* project connects older adults to Senior Active Living Centres for social prescribing.

SOCIAL  
PRESCRIBING  
for better mental  
health

*Social Prescribing for Better Mental Health* is the newest project with the goal of delivering initiatives to support people whose mental health was most affected by the COVID-19 pandemic.