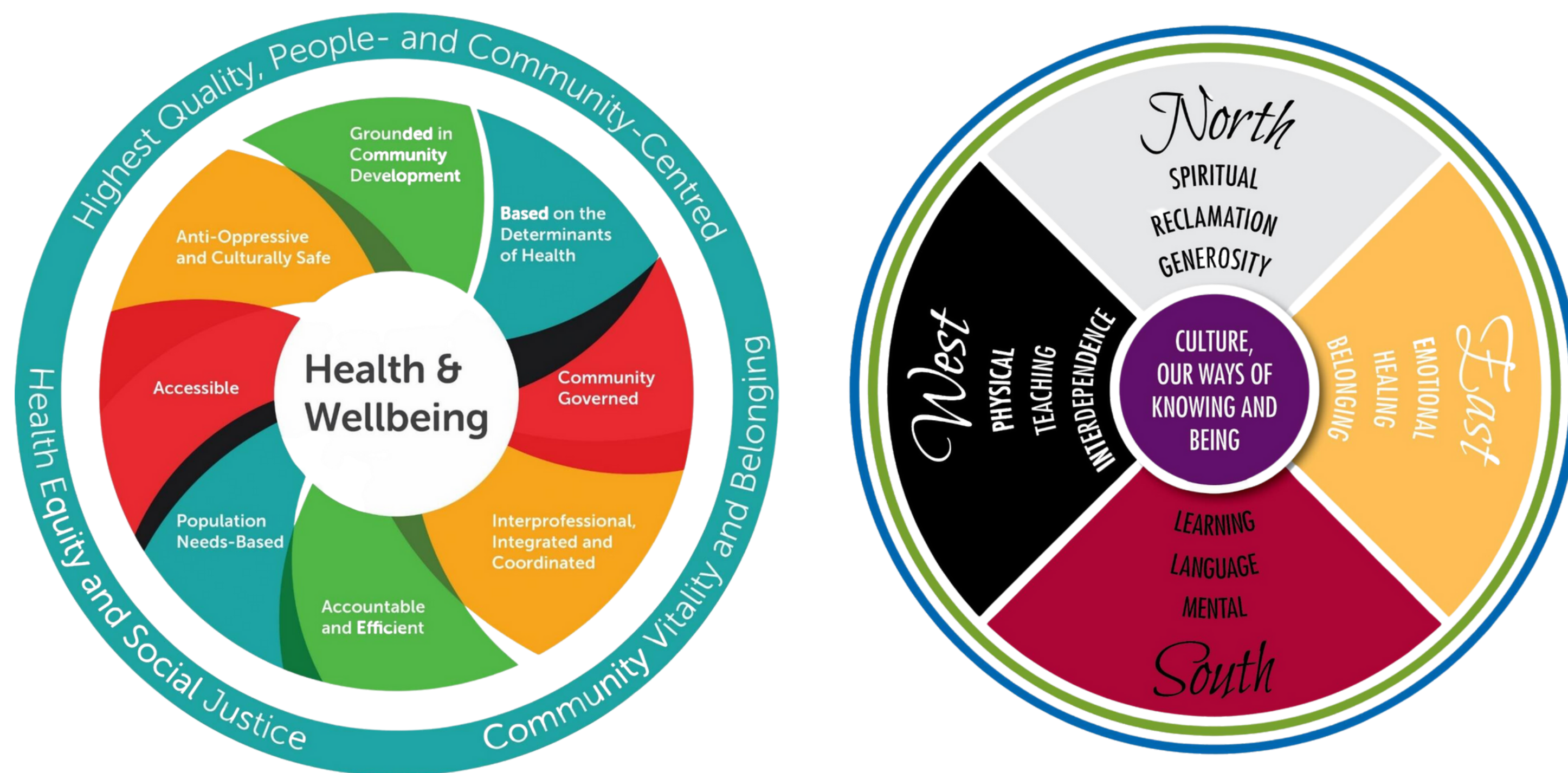


## MODEL OF HEALTH & WELLBEING AND SOCIAL PRESCRIBING

Social Prescribing has been underway in our centres since 2018. For Alliance for Healthier Communities 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.



## THE SOCIAL PRESCRIBING PATHWAY

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.

## CURRENT PROJECTS

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



Black-Focused Social Prescribing provides a culturally appropriate model based in Black and Afrocentric values to improve the health of people in Black communities.



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

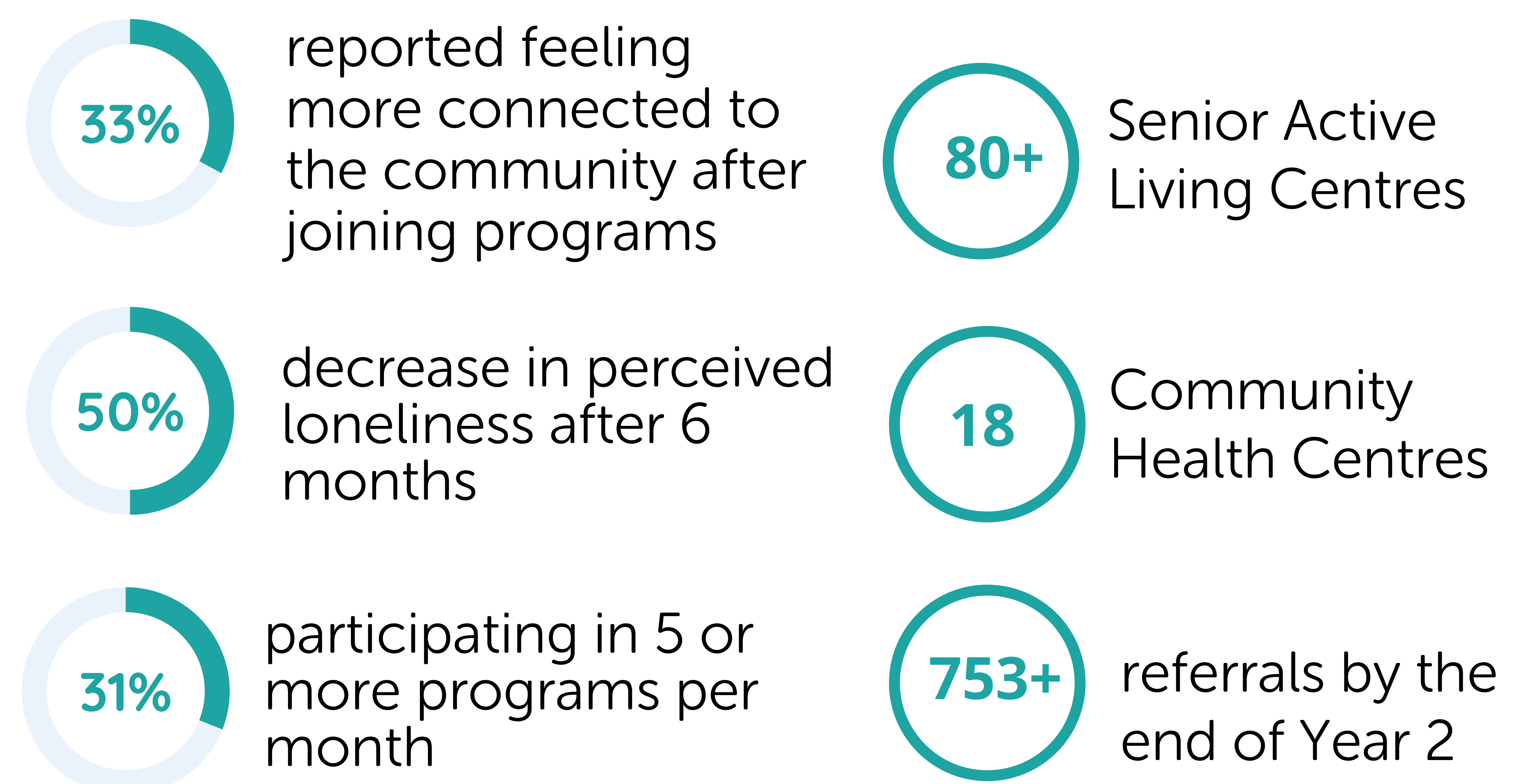


Social Prescribing for Better Mental Health is the newest project with the goal of delivering initiatives to support people whose mental health was most affected by the COVID-19 pandemic.

## LINKS2WELLBEING

Links2Wellbeing (L2W) is a collaboration between the Alliance and the Older Adults Centres' Association of Ontario. It streamlines healthcare provider referrals to Seniors Active Living Centre programs, promoting cross-sector partnerships and healthcare-social support system integration.

## PROJECT HIGHLIGHTS



## INDIVIDUALS, PROVIDERS AND SYSTEM INTEGRATION

### Provider perspective

*"The ability to offer social prescriptions has decreased my visits. It has alleviated stressors for my clients. Social prescribing also helps ease the strain on our health system, while giving clients a sense of community and belonging that COVID-19 restraints eroded."*

- Terry, Health Provider

### Client perspective

*"I appreciated the kindness of people, and realizing that there are nice people in this world. It's just a matter of finding them. Another lady I know, she's in her eighties, and she lost her husband about a year ago. She is very lonely. That's why I encouraged her to go to Life After Fifty. Like me, she needed the initial push to go, but I think once she goes, she'll enjoy it."*

- Linda, Links2Wellbeing Project Participant