



Social Prescribing in Saskatchewan

Social Prescribing in Saskatchewan - Health Professionals



This information will be of special interest to: physicians, those working in the primary health care field, homecare, community paramedics and pharmacists.

As part of our commitment to promoting health and community well-being, we are pleased to introduce you to the concept of social prescribing.

What is Social Prescribing?

Social Prescribing, also known as community referral, empowers healthcare professionals to connect patients with local, nonclinical services. Recognizing that health is influenced by social, economic and environmental factors, social prescribing aims to address individual needs in a holistic manner. By encouraging participation in activities such as volunteering, arts, gardening, and mindful eating advice, we strive to enhance overall well-being.

Why Social Prescribing Matters?

Community centred approaches have proven effective in improving health outcomes. By fostering social connections, providing support, and promoting self-empowerment, social prescribing contributes to reducing health inequalities within our community.

Why You?

Acceptable referral sources are currently limited to Health Professionals (Physicians, primary health care nurses, Homecare, Community Paramedics and Pharmacists). The major goal of social prescribing is to relieve strain on clinical services that often become stand-in supports when more appropriate options are unknown or underutilized. To best pursue this goal Social Prescribing services will only begin once a referral has been received from the previously mentioned sources.

How Can You Get Involved?

As a valued member of your healthcare network, or community services provider, your role is crucial. You can advocate for social prescribing and encourage its adoption. Together we can make a positive impact in our communities.



Thank you for your dedication to the health and well-being of older adults.

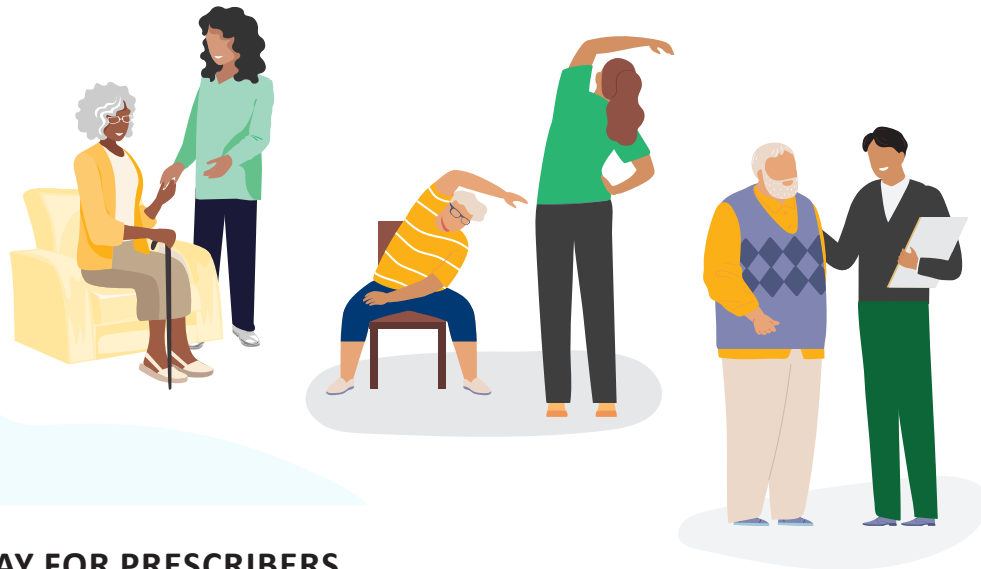


For More information visit: https://skseniorsmechanism.ca/social_prescribing/

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

Contact Rod McKendrick by email at: socprescrib@skseniorsmechanism.ca

