



The Nanaimo Division of Family Practice

SOCIAL PRESCRIBING PROGRAM

The Social Prescribing program helps connect patients 55+ to non-clinical, community-based services, addressing social isolation and improving health outcomes through personalized social plans and community connections.

In partnership with Shared Care of BC, the City of Nanaimo, Island Health, and the Nanaimo Family Life Association

ELIGIBILITY

Any family physician can now refer patients to the Social Prescribing program. Inclusion criteria are seniors age 55+ who are experiencing:

- Social isolation, decreased social supports
- Major life events (such as loss of a spouse)
- Living with chronic disease/depression
- Physical inactivity
- Frailty or danger of frailty
- Poor nutrition and/or food insecurity
- Poor health outcomes associated with social determinants of health (low income, Indigenous/Metis/Inuit, LGBTQA2S, reduced access to health care, etc.)
- Frequent users of primary/emergency care

HOW IT WORKS

Primary care providers can refer patients to the Social Prescribing program using the Island Health Community Access Services referral form, noting "Social Prescribing" as the reason for referral.

Patients are then assessed and connected with a Link Worker from Island Health or a Community Connector from the Nanaimo Family Life Association, who helps them access community-based services and activities. The program also hosts a bi-weekly community kitchen social, offering participants an opportunity to connect, cook, and share meals, building stronger social ties and support.

Island Health will notify your clinic by fax if your patient has been referred to a Island Health Link Worker or a Nanaimo Family Life Association Community Connector. For updates on patients referred on to the NFLA, please contact Amber at a_knapman@nflabc.org. For patients referred on to Island Health, please follow up on their status in Cerner under *Provider Communication Notes*.

To learn more please contact Kirsten Schuld at kschuld@nanaimo.division.ca