

How can the Social Prescribing service help me?

By listening to you and understanding your situation the Social Prescribing Community Connector can help you find the right supports that can provide you with:

- Support to make positive changes in your life
- People to talk to about how you are feeling
- Help with housing, benefits and financial issues
- Becoming more physically active
- Becoming more involved within the community

It can help you to improve your overall wellbeing.

Who is Social Prescribing for?

Older Adults 65+ living in the Kerrisdale, Oakridge, Marpole, Southlands, Dunbar (KOM) area who could use help with:

- Social isolation/loneliness
- Food security
- Living independently (Light housekeeping, grocery shopping, friendly visitor, etc.)
- Health System Navigation
- Information support (Financial assistance, housing, etc.)
- Care after discharge from hospital
- Caregiver support

Your Social Prescribing Community Connector is:

Bonnie Ho

T: 604.637.3316

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SOCIAL PRESCRIBING

For Better Health and Wellbeing

Social Prescribing helps you explore community services and activities that can support you to improve your health, wellbeing, and independence.





How does Social Prescribing work?

Step 1

A health professional can talk to you about how Social Prescribing services may help you and send a referral to the Community Connector on your behalf or you can self-refer by contacting your local Community Connector.

Step 2

Your Community Connector will aim to contact you within two weeks to schedule an appointment to discuss the referral.

Step 3

They will spend time with you exploring what activities, services and local support could improve your health and wellbeing.

Step 4

Together you will identify goals and create a personalized wellness plan to achieve them.

Step 5

They will connect you with local services and activities that can enhance your wellbeing.



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Working with communities in
BC's North, Interior, Lower Mainland,
Central & Northern Vancouver Island

Your Community Connector:

- Is someone to talk to confidentially
- Practical, helpful and will not judge you.
- Helps you decide how to improve your wellbeing
- Someone who can find supports that meet your needs and support you along the way

How do I access service?

If you think the Social Prescribing service can help you or someone you care for, talk to your Health Care Provider or contact your local Social Prescribing Community Connector for more information and to self-refer.

For more information or to make a referral, contact:

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