

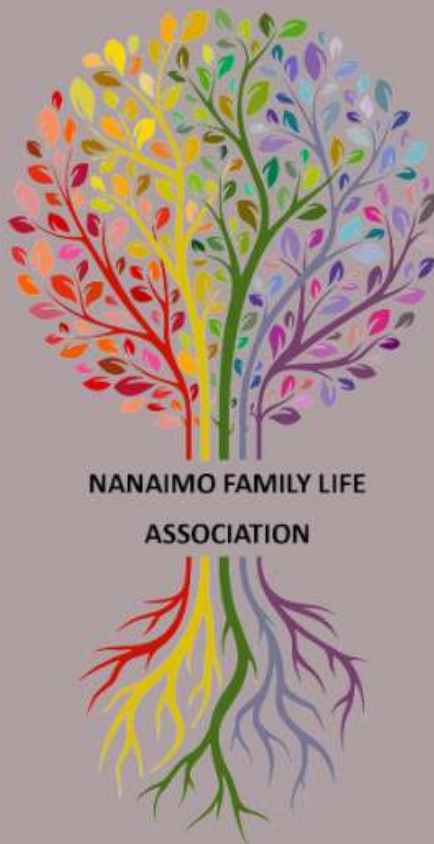
At the core of Social Prescribing is the Community Connectors, who play an instrumental role in bridging seniors with essential resources and support.

What is the role of a Community Connector?

The Community Connector works with older adults who are referred from health care professionals and community partners to connect with community supports and services through referrals, applications, advocacy, and introductions. This role includes a diverse range of responsibilities - from conducting assessments based on the social determinants of health and co-developing personalized care plans, to providing practical supports to older adults and their families, to establishing and maintaining relationships with people and organizations in the community offering supports to older adults.



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



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Social Prescribing

A FREE service linking older adults to community programs and resources to navigate their unmet needs



What is social prescribing?

Social Prescribing represents a healthcare approach that recognizes the profound impact of social and environmental factors on a person's well-being.

This approach involves connecting older adults with non-medical services and activities in their community. They can be referred to a community-based Social Prescribing organization by their friends / family, self referral, community based organizations, or health care provider.





You may need help with:

- Mental health and wellbeing
- Social isolation and loneliness
- Debt and benefit information
- Housing information, advice and guidance
- Life style changes (eat well, become more active)
- Getting involved in creative activities, friendship groups

These social prescriptions can include various activities like participating in community groups, clubs, or classes, engaging in exercise sessions, joining walking groups, sports clubs, art classes, or music therapy, and exploring volunteer opportunities.



Who can access?

Anyone 55 years of age or older

How to access?

Contact Nanaimo Family Life Association for referral information

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**Social Prescribing
Enhances Older Adults
Mental Wellness and
Human Connection**



The positive effects of Social Prescribing are numerous and can lead to improved mental health, overall improved physical health, reduced social isolation, an overall enhancement in the quality of life, and decreased reliance on medical interventions.

'I am really grateful for my Community Connector. It has taken a lot of stress out of my day to day life'

**- Lorraine M.
(Social Prescribing Client)**