

## 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, which may include:

- 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

## Who is Social Prescribing for?

Older Adults aged 60+ living in Richmond who'd like help with:

- Social connection
- Signing up for exercise and nutrition programs
- Connecting with Better at Home services such as light housekeeping, grocery shopping, friendly visits & transportation
- Applying for services and benefits including BC Housing, income assistance, recreation credits, HandyDART, etc.

**Note:** Exceptions may be made for individuals as young as 55 who are living with a chronic health condition.

### Your Social Prescribing Community Connector is:

Rojan Nasiri

T: 604-242-7444

E: [communityconnector@rcrg.org](mailto:communityconnector@rcrg.org)

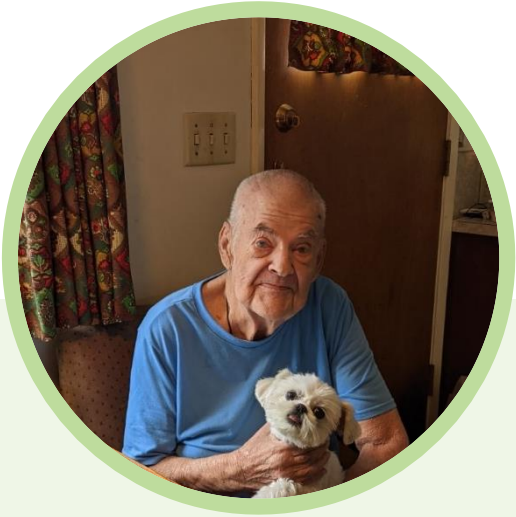


## SOCIAL PRESCRIBING

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 discuss how Social Prescribing services may help you and send a referral to the Community Connector on your behalf. You can also self-refer by contacting your local Community Connector. Additionally, you can refer friends, family, or community members who may benefit from these services to the 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 plan to achieve them.

### Step 5

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



Funded by the Government of BC and managed by  
United Way British Columbia



Working with communities in BC's  
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.

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