

# Social Prescribing Program

## Empowering Seniors to... **THRIVE!**



### Who are eligible?

- BC Residents
- 65 years+

Self-referral is accepted

### PROGRAM GOAL:

To connect seniors to community programs, services and resources that will help them thrive, and remain connected and independent for as long as possible, by:

- Identifying frailty in individuals and increasing public awareness of the risks and early signs of frailty
- Creating tailored interventions and self-management plans
- Connecting to active, healthy lifestyle resources to live well and longer
- Socializing & learning through webinars, workshops & coaching calls
- Periodic check-ins and monitoring of progress

For more information, call:

**Senior's Community Connector**  
**(250) 341-5625**

**Family Dynamix Association**  
**(250) 342-5566**

1317 7th Ave, Invermere, BC V0A 1K0



### What is frailty and being "at risk" about?

Frailty is a condition of reduced function, strength, and health due to chronic disease, aging, inactivity, poor nutrition, loneliness, social isolation, and/or multiple medications.

Acute Frailty Syndrome may lead you to be 'at risk' of:

- Falls, delirium (or acute confusion) and 'off legs'
- Critical hospital and care home admission, or
- Unfortunate death

**YES! YOU CAN PREVENT FRAILTY**

### WHAT ARE THE BENEFITS?

- It helps reduce 'risks and signs of frailty'
- Improves quality of life, social connectedness, and well-being
- Enhances long term physical & mental health outcomes
- Decreases need for acute care & prolonged hospital stays
- Helps individuals live independently in their homes while remaining in-touch with their communities

*(in partnership with Better at Home Program, Family Dynamix)*

### SOCIAL PRESCRIBING PROGRAM CONNECTS SENIORS TO:

- Physical activities
- Nutritional supports
- Social fun opportunities
- General information and resources



**Healthy Aging**

by United Way At home. In community.

"Family Dynamix acknowledges that we deliver services on the unceded shared territories of the Ktunaxa and Secwepemc people."