



## How do I know if a senior might benefit from the program?

The following indicators may suggest that support could be helpful:

- Expressions of loneliness or isolation
- Stress, anxiety and/or depression
- Caregiver fatigue or loss of a loved one
- Being new to the community or part of a vulnerable population
- Facing health concerns
- Frequent health care visits



## How can I connect my services to the program?

Contact the Community Connector if you have resources available for the program.

# Healthier Aging

The program helps bring people and organizations together by identifying local strengths, building relationships, and encouraging collaboration across community, health, and social services. As a result, seniors feel more connected, supported, and resilient.



## Seniors' Gathering Place

Starting Aug. 4, Tuesdays, 2-4 pm  
and Fridays, 9:30-11:30 am

- Drop-in social gatherings (no pre-registration required)
- Meet other local seniors, learn about services, enjoy light refreshments

SOS Community Services Centre  
(245 Hirst Ave. W., Parksville)



**SOS Community Services Centre**  
250.248.2093 ext. 246 | [www.sosd69.com](http://www.sosd69.com)  
245 Hirst Ave. W., Parksville  
[connect@sosd69.com](mailto:connect@sosd69.com) |     

# SOS Social Prescribing



Helping seniors  
get active, connected,  
and engaged in  
the community



Administered by SOS in  
partnership with United Way BC



# SOS Social Prescribing



## Who can access the program?

Seniors in District 69 who are:

- Low to modest income, and
- Low to moderate frailty,
- Socially isolated/lonely, or
- Facing additional barriers, including caregivers, people from diverse cultural backgrounds, and those experiencing health, mobility, or housing challenges.



## What is Social Prescribing?

Social Prescribing helps connect seniors with community-based services, programs, and supports that promote well-being, including social engagement, housing, transportation, and financial supports.

The Community Connector works with seniors to identify their priorities, develop personalized wellness plans, and connect them with meaningful community resources and opportunities.



## What can I expect?

- Meet with the Community Connector
- Create your personal wellness plan
- Get connected to community programs and supports
- Follow-ups with the Community Connector
- Receive referrals to other programs at SOS and within the community

## How can I access the program?

Eligible participants can self-refer or be referred by healthcare providers, community agencies, family, friends or caregivers.



## How much does it cost?

Access to the program and the Seniors' Gathering Place is free.

**To sign up or learn more,  
call 250.248.2093 ext. 246**