



All Together Series

Session 10: *Psychosocial and Nutritional Support for Hospitalized Vulnerable Isolated Seniors Transitioning Home*

Presenters:

Leila Reshid, Seniors Community Connector, Coordinator for the social prescribing program.

Description: The Social Prescribing Program at Chilliwack Community Services, through the Discharge Project, provides essential support to seniors’ post-hospital discharge by addressing isolation, meal access, and emotional needs, thus alleviating pressure on the healthcare system. This was made possible through efficient collaboration between multiple non-profits and Fraser Health.

Monday, August 12th, 2024 1pm-2pm

AGENDA ITEM	DISCUSSION
Welcome	<p>Facilitator: Lisa Clement, Program Manager Public Health Initiatives, BCCPC</p> <p>Presenters: Leila Reshid, Seniors Community Connector, Coordinator for the social prescribing program.</p>
Presentation/ Discussion	<p>Learning Objectives</p> <p>By the end of the session participants will be able to:</p> <ul style="list-style-type: none"> • Understand the Role and Impact of Social Prescribing Programs. • Recognize the Importance of Community Partnerships. • Identify Strategies for Effective Discharge Support. <p>SUMMARY</p> <ul style="list-style-type: none"> • The presenter; Leila gave an overview of social prescribing and an introduction of how a pilot program was developed – an initiative connecting seniors with appropriate resources in the community to improve their well being, alleviate loneliness and isolation. • A real-life case story was shared which you will find in the <u>recording</u> depicting the isolating state of clients in their vulnerable state after being discharged from the hospital which led to the creation of a “Discharge project” to assist clients discharged from the hospital by providing psychosocial and nutritional support in their vulnerable state. She further went on to expantiate on how this project has helped to provide end of life support and the beneficial use of social media to leverage community support. • The “Discharge project” was created in conjunction with community partner organizations such as: The compassionate neighbourhood, Fraser health, The Cherish project and Chiliwack Community Services.

- The presenter shared her journey on how she became a social prescriber and also touched on some of the challenges that were faced/still being faced such as: coordinating a rush discharge and time, funding, etc.

DISCUSSION QUESTIONS ADDRESSED:

Q: This is a new and unique Social Prescribing program that successfully bridged partnerships between the health system and community organizations. Could you speak about how you developed the partnerships as well as some of the challenges and successes.

A: Due to the gap that was discovered during the social prescribing program, this was presented to Fraser health and a collaboration with these community organizations led to the gap being addressed.

Q: Your program was dependent on the participation of volunteers. Could you speak about how you developed the volunteer program as well as some of the challenges and successes working with another volunteer-based community organization.

A: In terms of linking seniors to well trained and supported volunteers, one of the partner organizations takes care of the recruitment for volunteers and a proper educational training of these volunteers who are trained to train new volunteers as well. Knowing boundaries, dealing with confidentiality and enhancing communication are some of the factors that's led to the success for the volunteers. Overall, good feedback received from the post surveys regarding Clients perception about the program.

Q: As a social prescriber, what was your experience developing and running this program? Do you have any recommendations and tips for those who may wish to develop a social prescribing program?

A: Having a 'never give up' attitude despite obstacles and just passionate about coming up with ways on how to make things better. Being consistent and transparent with partners funding and lastly, collaborating with a local connection in the community.

Additional Resources and connect

- Session recording: [YouTube link](#)

Next session:

- Wed September 11th **Quiet Change. Journeying Through Life's Final Chapter With Dignity And Love**

Register: <https://echo.zoom.us/meeting/register/tZMufuqrpi8uHNGo7Z5-HpAuPp5DA42xP3Tn>

All Together Symposium, Oct 4th, 2024 in Vancouver. Details here: [All Together 2024 Event page](#).
Registration Open!