

‘I have a safe place to go to’ Elaine’s Story

Social Prescribing Creates Connections

Social prescribing helps older adults find the programs and resources they need to make social connections and stay active and healthy.

When a healthcare provider meets an older client/patient they think could benefit from community resources, they can refer the person to a Senior Resource Coordinator who then connects the person with programs and services such as social and physical activities, meal programs, and transportation options.

Elaine’s Story

Elaine [not her real name] is one older person who benefitted from social prescribing.

Elaine lives in the Fort Rouge area, but had never gone to the Golden Rule Seniors Resource Centre. This changed when her healthcare provider recognized that she could benefit from more social connection and referred her to a Senior Resource Coordinator.

Golden Rule Seniors Resource Centre

The Golden Rule Seniors Resource Centre, located in the Fort Rouge area of Winnipeg, is a hub of activities and resources. Older adults can participate in exercise classes, games, a book club, education sessions and much more.



After a divorce, Elaine lost contact with a lot of people in her life and she became socially isolated. “I just sort of sunk into being alone”, she says.

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When the Senior Resource Coordinator made her aware of the Golden Rule Senior Resource Centre, Elaine got up the courage to check it out. “It took a lot to push myself to go there, and I was so thankful that I did”, she says.

Elaine started to go to the book club and has also attended some presentations. “It’s just a wonderful place and I have learned a lot about resources”.

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When she feels cooped up, she knows she can just go there. “I have a safe place to go to before it gets overwhelming”, she says.