

‘I don’t feel so lonely’ Louise’s Story

Social prescribing enables healthcare providers to refer a patient/client to a Senior Resource Coordinator who will work with the client, to jointly identify and consider community-based programs or services that can improve the client’s social connections, health and well-being.

Research shows that social prescribing has positive impacts on older adults who are connected to community resources.¹ Social prescribing can:

- Increase social connections
- Increase well-being
- Improve mental health
- Increase the sense of purpose, independence, and confidence

“I was almost like a hermit. Now I get out at least once a month, twice a month. And I made some friends. I don’t feel so lonely, and I don’t feel so alone. It’s been really good.”

Louise

Louise’s Story

Louise [not her real name] lives on her own. She has some health problems that affect her daily activities.

Her healthcare provider referred her to the local Senior Resource Coordinator. The coordinator met with Louise and told her about the programs that are available in the community where Louise lives.

Because of the referral, Louise is now participating in a number of programs.

Louise says that she had made new social connections and feels less lonely now. Louise says “I was a little bit depressed, but this has changed me. I get up and I do things and then I look forward to something “

Because her mental health has improved, she also feels that her physical health has improved. “Because I feel better mentally I go for my walks more often.”

Social Prescribing Manitoba is led by the Manitoba Association of Senior Communities. For more information see: manitobaseniorcommunities.ca

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¹ Bild, E., & Pachana, N. (2022). Social prescribing: A narrative review of how community engagement can improve well-being in later life. *Journal of Community & Applied Social Psychology*, 32(6), 1148-1215.

Quotes from “Louise” who was referred to a Senior Resource Coordinator