

Community Link Service

Social interaction + community connection are **great** for your health

Richmond's new Community Link Service helps connect you to support services throughout the community. The program is designed to boost your physical and emotional wellbeing, social connections, and ability to thrive.



PRIMARY CARE NETWORKS



Richmond



**Richmond's new PCN
Community Link Worker**

INTRODUCING RICHMOND'S PCN

Community Link Worker

Richmond's Community Link Worker is the bridge between you, your family physician (FP) or nurse practitioner (NP), and programs throughout the community.

- ✓ **Receives Community Link prescriptions from FPs/NPs**
- ✓ **Meets with you to determine which supports will be most appropriate**
- ✓ **Connects you to many types of wellness support throughout Richmond**
- ✓ **Maintains communication between you, your FP/NP, and community programs**

The Community Link Worker **does not offer** case management or clinical support. To protect your health and safety, the Community Link Worker will connect with your FP/NP if there is concern about your wellbeing or inability to reach you.

NEED SUPPORT?

You may benefit from the Community Link social prescribing service if you are:

- ✓ experiencing emotional problems and/or major life events (e.g. loss of a spouse)
- ✓ living with a chronic disease and a community group program exists that will help you to self-manage (e.g., learn to cook and adopt a healthier diet)
- ✓ physically inactive and would benefit from a physical activity group
- ✓ struggling with nutrition or food security (e.g. not eating enough food due to financial concerns) and could use support to meet nutritional needs

loneliness

isolation

poor
physical
health

and
more

Social Prescribing allows your family physician (FP) or nurse practitioner (NP) to prescribe non-medical activities and opportunities for connection based on your needs, goals, interests, and skills.

ELIGIBILITY

- 1 You need support for loneliness, isolation, physical health, nutrition, or other services outlined in this brochure
- 2 You can self-manage with some support
- 3 You are motivated to make changes, address issues, and set goals
- 4 Your family physician (FP) or nurse practitioner (NP) prescribes this service (i.e. not a walk-in physician)
- 5 You reside in Richmond OR your FP/NP practices in Richmond

OTHER CONSIDERATIONS

- ✓ Your FP/NP should identify the type(s) of support that would benefit your health and wellbeing
- ✓ The support must be available within Richmond



Community Link Worker vs. Social Worker

Needs/Issues	Community Link Worker	Social Worker
support for loneliness or isolation	✓	
connection to physical fitness classes, walking groups, sports teams	✓	
support for financial issues, income tax, pension, benefits	✓	
connection to qualified caregivers	✓	
counselling services	✓	
help to find suitable housing	✓	
support in navigating public transit	✓	
connection to support groups	✓	
interest-based volunteer opportunities	✓	
language support services	✓	
help to cook or receive healthy meals	✓	
support, counselling, and therapy from a clinical perspective		✓
clinical assessments (MMSE/PHQ9/GAD7)		✓
Advanced Care Planning (Power of Attorney, representation agreements, Temporary Substitute Decision Maker)		✓
adjustment support to those newly diagnosed or with pre-existing medical conditions		✓
care planning (private vs. public home care/residential support, navigating the health care system)		✓
investigating abuse, neglect, and self-neglect		✓



ASK FOR A PRESCRIPTION

This brochure introduces you to ways the Community Link Worker can help. Give some thought to what support could most benefit your wellbeing, then ask your family physician (FP) or nurse practitioner (NP) for a **Community Link prescription**.



For information about the Primary Care Network (PCN) and how the PCN nursing and clinical teams can help, contact:



[divisionsbc.ca/richmond/
for-patients/pcn](https://divisionsbc.ca/richmond/for-patients/pcn)

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