

Design for Health

2021

Synthesis Map: Social Prescribing

Mahomed, Amirah, Perera, Yoshi, Walsh, Hannah and Windatt, Clayton

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Social Prescribing

See definitions in:

- All
- Science

UNCOUNTABLE NOUN

1. Social prescribing is a system in which doctors or other healthcare workers offer social support and activities to people in order to improve their wellbeing.

THE GAME OF SOCIAL PRESCRIBING

AN ASSET-BASED APPROACH THAT GOES BEYOND TREATING ILLNESSES

PASSPORT

WHY PLAY?

Focusing on acute care will only go so far towards improving health seekers' overall wellbeing. With efforts centered on immediate care, the overall health of Canadians is deteriorating at a chronic level.



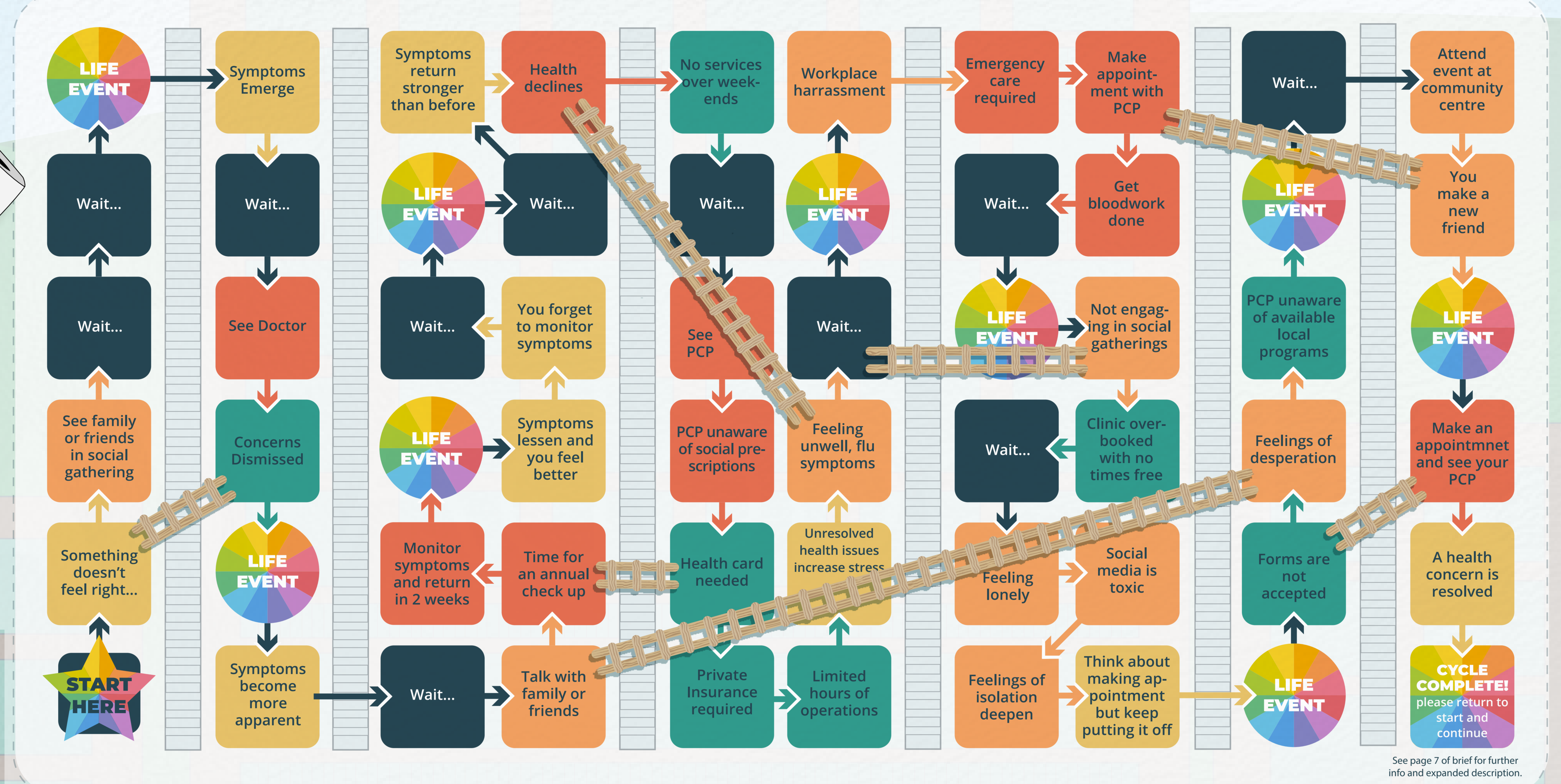
However, a solution that has growing awareness is the implementation of social prescribing. Social prescribing is a tool for health care providers looking at chronic health challenges to prescribe social solutions to improve their wellbeing.

By playing "The Game of Social Prescribing" you can see where and how social prescribing can take place in a health seeker's journey and improve their overall experience and wellbeing in contrast to the challenges and setbacks that can happen if social prescribing is not leveraged.

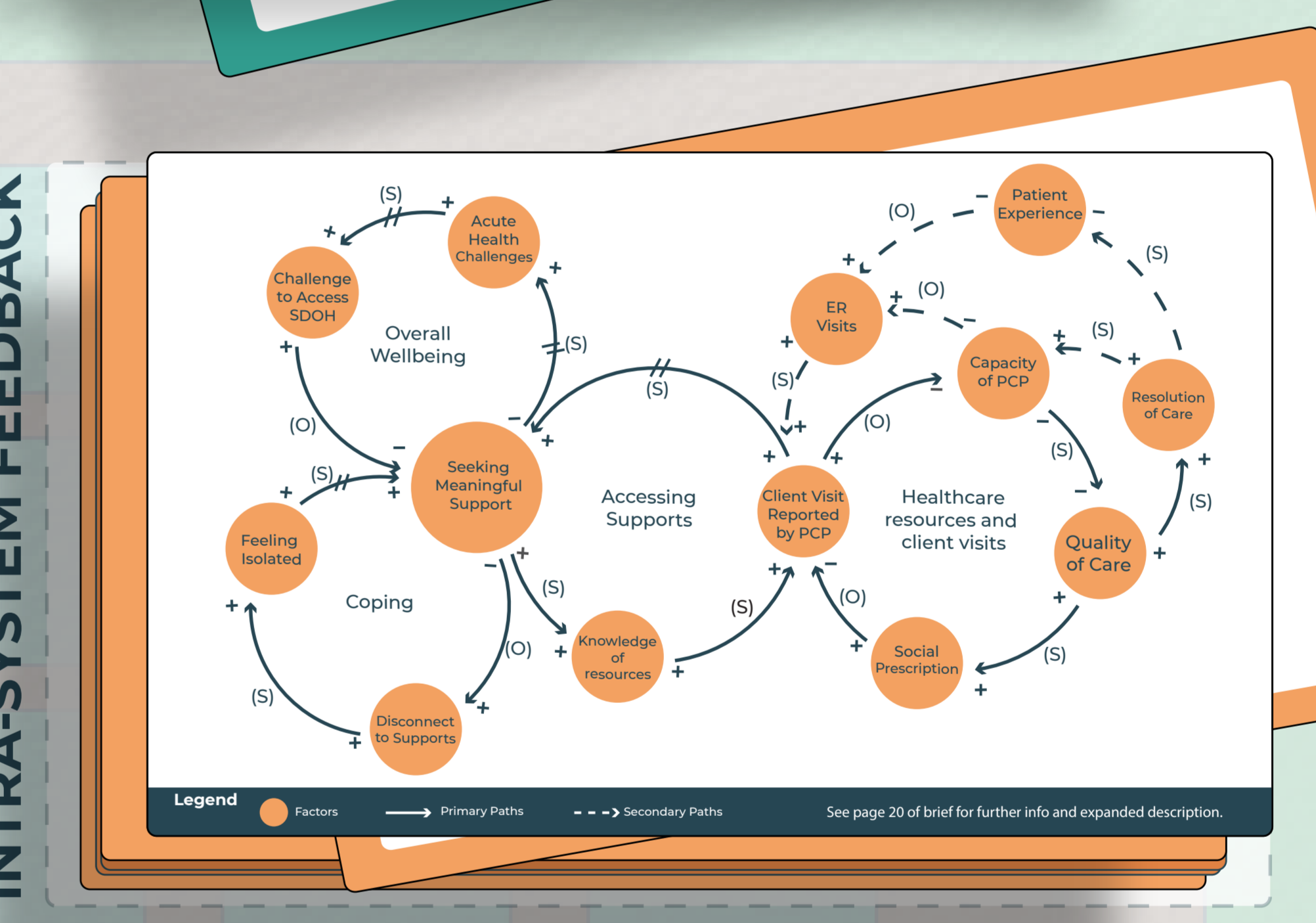
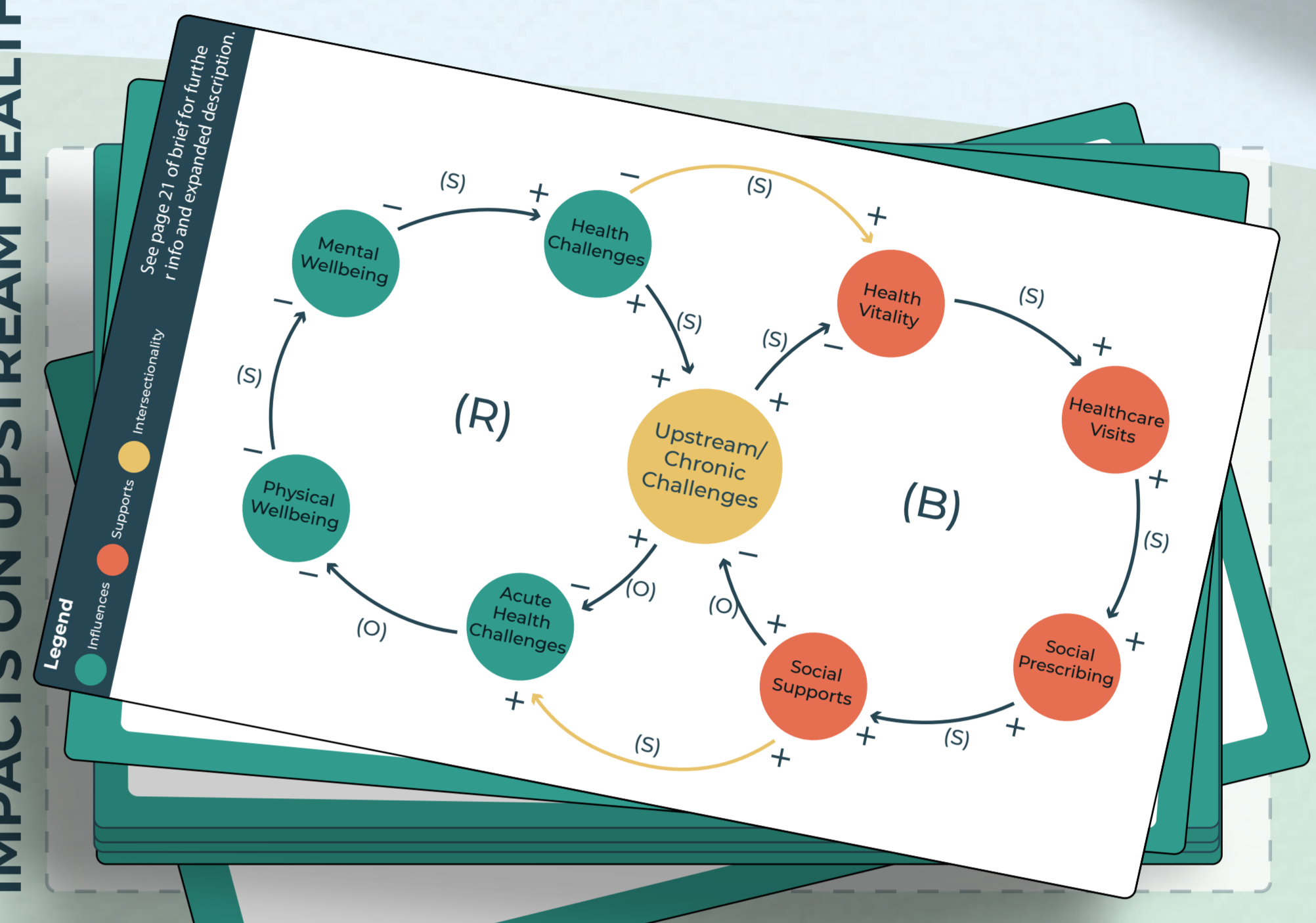
Embrace the experience of the different personas, and see how their journey is impacted by the unexpected paths of life and how you can be supported if social prescribing is offered at the right time.

Legend

- Bureaucracy
- Medical/physical health
- Social/Mental health
- Other
- Waiting
- Life Event

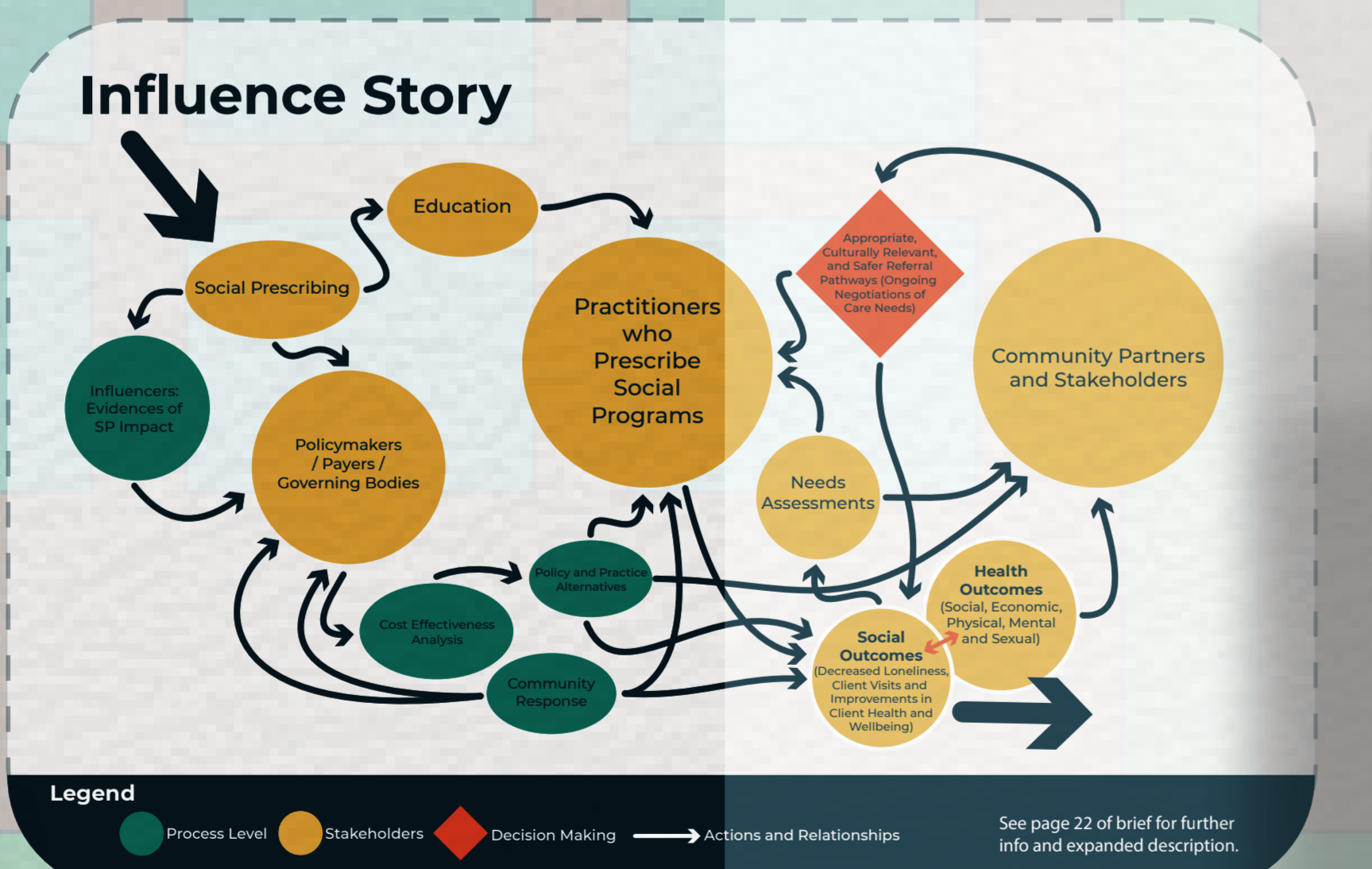


IMPACTS ON UPSTREAM HEALTH



RULES AND INSTRUCTIONS

- STEP 1.** Welcome to your life! To begin, shuffle the deck of persona cards. Each player then draws a persona card at random. Each card illustrates a playable character and their characteristics that dictate how the player will respond to the "Life Events" that come their way over the course of the game.
- STEP 2.** The player with the youngest persona card goes first. This player rolls the die to determine how many squares they can progress.
- STEP 3.** Anytime a player lands on a "Life Event", spin the spinner to see what life event comes your way. Your event may help you move forward in your journey, keep you in your position, or may set you back in your health seeker journey.
- STEP 4.** Landing on a square with a ladder means that you may be able to advance through the health journey or may be set back in your journey and go down the ladder. Each ladder indicates the direction which you must take.
- STEP 5.** Try to make it to the end of the board in as few turns as possible. Each turn represents a month in your persona's experience in getting the care that they require.



STAKEHOLDERS

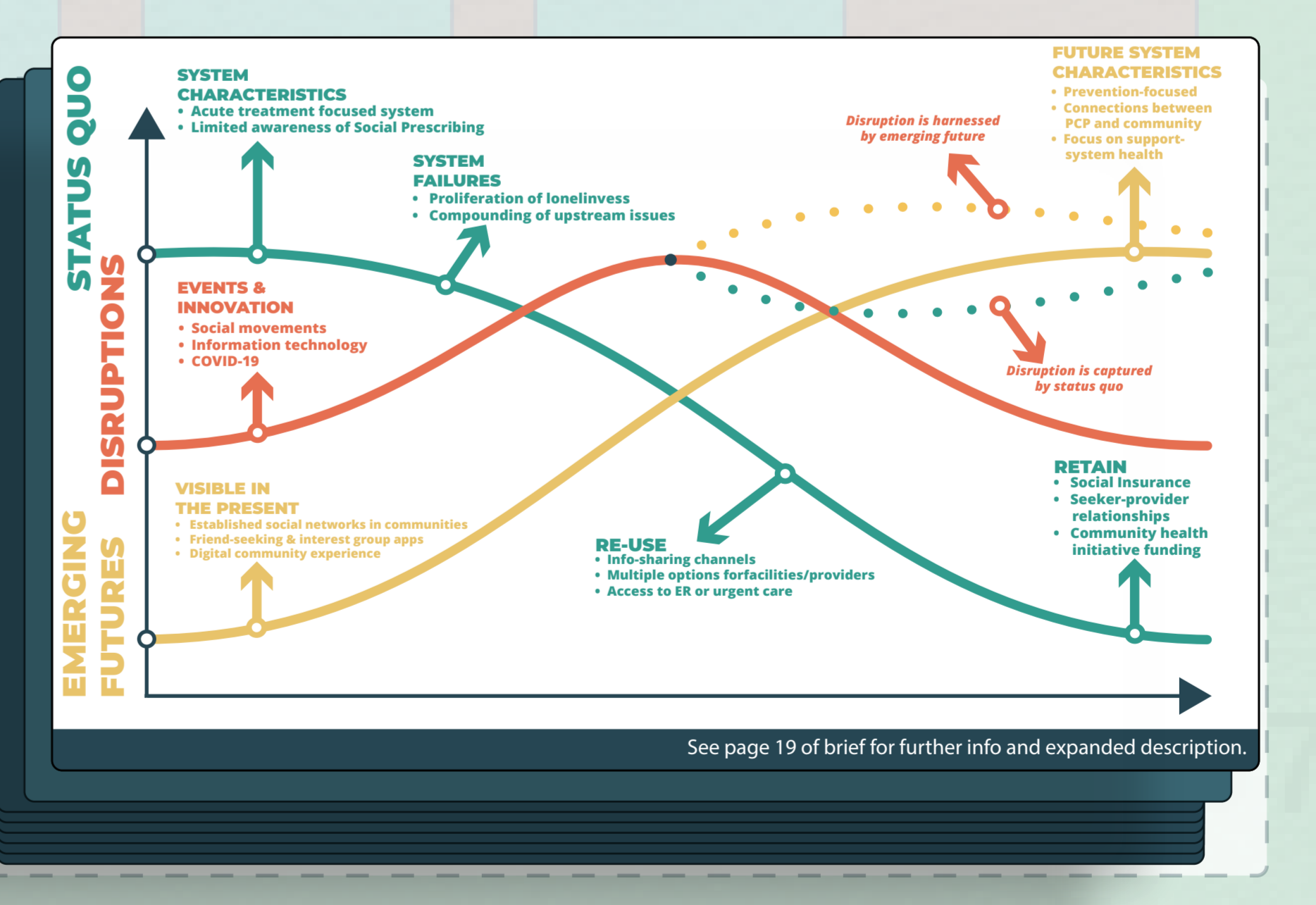
See page 22 of brief for further info and expanded description.

INTERVENTION STRATEGIES

See page 10 of brief for further info and expanded description.

- Buffering Capacity:** Development of more physical space to allow for greater capacity for health seekers to be seen by PCP or community health programs.
- Balancing Feedback Loops:** Campaign that discusses the need for social prescribing to draw awareness.
- Information Flows:** Development of multi-layered education program on health literacy for health seekers and health providers on social prescribing.
- Rules + Regulations:** Regulations put into place to create a better billing and appointment time limits.
- Physical Structures:** Development of greater public transportation for health seekers to access community health programs.
- Goals:** Development of public health policies to require greater preventative care.
- Self-Organization:** Funding provided to community health initiatives to support more individuals.
- Constants, Parameters, Numbers:** Bursary provided to increase the number of staff able to support health seekers.
- Paradigms:** Emphasizing community and care rather than an individualistic all for one and one for all.
- Digital Structures:** Development of a digital system that connects health seekers, health providers, and community health programs together.
- Reinforcing Feedback Loops:** Establishment of municipal supports dedicated to facilitating social prescribing.
- Delays:** Time delay in an intervention or a health seeker being able to receive a bill provided as a result of a bureaucratic discussion.

EVALUATING THE CURRENT SYSTEM AGAINST THE FUTURE



EMERGENCY CARE PROVIDER

Physicians or other care providers that respond to emergency that require immediate acute care, often for life-saving measures.

Goals: Respond to emergency care needs effectively and provide care for health seekers that address the immediate need.

Impacts: They are able to provide immediate care for a health seeker's acute care needs. However, a health seeker when it comes to their chronic challenges.

HEALTH SYSTEM INTEGRATION COMMITTEE

A committee that reviews and provides direction on the health system to help advance the offerings of the health system.

Goals: Help develop policy discussions that involve the health system and the local health integration networks to improve the health offerings for health seekers.

Impacts: They drive forward suggestions on how to improve the health offerings and can advocate for necessary health offerings for health seekers.

SUPPORT GROUPS

A collective group of individuals who may be facing similar health challenges as each other and are a space to provide emotional support to one another.

Goals: To create an environment where people can share their health experiences and find advice or support to help through a difficult time.

Impacts: They can interact in a health seeker's experience to help advance their overall health experiences by sharing advice or support to help through a difficult time. They can be a blocker being able to have equitable access to health care.

FAMILY AND CLOSE FRIENDS

Close individuals in an individual's life that tend to provide emotional support. However, depending on the relationship can also add emotional stress.

Goals: To be there for their family or friend and be a support for them as they go through challenges, or be a blocker being able to have equitable access to health care.

Impacts: Can be proactive supporters for a health seeker when it comes to managing health challenges, or be a blocker being able to have equitable access to health care.

PRIMARY CARE PROVIDER

A physician or other care provider that is knowledgeable in certain health areas that can provide diagnosis or treatment to treat both acute or chronic health issues.

Goals: Provide knowledge can be based on each unique health seeker's needs and help advance their care, however, are trying to manage a backlog of health seekers.

Impacts: They can impact a health seeker's health experience by offering relevant care to advance their needs, or they may offer limited care pending a backlog on their care.

Social Prescribing for Ontario

Welcome to your digital network that brings together Community Health Providers and Primary Care Providers together to help proactively help Health Seekers achieve their optimal health.

Ontario Health - Santé

Iris Malakai Johnson
4526 - 627 - 629 - AA

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[2] Smeaton et al. (2011). The life and economic impact of major mental illnesses in Canada (2011 Report). Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytics

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