

The Community Connector program is available to anyone looking for help finding community supports and resources, as well as for those who are experiencing:

- Social isolation or loneliness
- Worries about food security
- The desire to be more active or make other healthy lifestyle changes
- Life changing events such as retirement, bereavement, changes in health status and independence
- Wanting to be more involved within the community
- Needing assistance with forms

Who is the Community Connector Program for?

Adults 65+, living in the Kamloops area, who are self-motivated and could use help connecting to community resources.

The Community Connector practices ***Social Prescribing***, which is a holistic, person-centered, and community-based approach to health and wellbeing.

Social Prescribing might include:

- Supportive advocacy
- Referrals to community agencies, courses, clubs and services
- Help with setting up appointments
- Spending time with an older adult, listening to their situation and providing them with ideas, information and connections to various community resources
- Collaboration in sourcing and implementing a multitude of supports and services with follow-ups with your Community Connector



Enriching Lives, Strengthening Communities



Seniors Community Connector

**For Better Overall
Health and Wellbeing**

Through Social Prescribing, the Community Connector helps older adults explore non-medical community services and activities that can **help improve health, wellbeing, and independence**

MOUNT PAUL
COMMUNITY FOOD CENTRE



What might working with a Community Connector look like through a referral?

Step 1 - Referral & Assessment

The Community Connector receives and reviews the referral. They will contact the participant to schedule an assessment to explore what they may need.

Step 2 - Goal Setting

The Community Connector will meet with the participant to find out what their needs and goals are, then discuss various community activities, supports, and service referrals.

Step 3 - Connections

The Community Connector will link the participant with local activities and resources that help support the individual's goals.

Step 4 - Follow Up

The Community Connector will check in to see how the participant is doing and make adjustments if necessary.

Step 5 - Looking Ahead

The participant has established their new routine and they no longer need the support of the Connector. The participant can reach back out to the Community Connector in the future.



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Working with communities in
BC's North, Interior, Lower Mainland,
Central & Northern Vancouver Island

Your Community Connector:

- Is a free resource to the community
- Is someone to talk to, confidentially
- Is practical, helpful, and listens supportively to what you need
- Can help you find resources that meet your needs and support you along the way

How do I access service?

If you think the Community Connector Program can help you or someone you care for, talk to your Health Care Provider or contact us directly for more information.

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