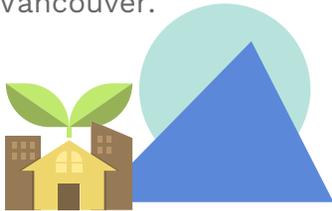


Who we are

Parkgate Society is a registered, not-for-profit charitable organization that brings people together across cultures and generations. We have 20 years of experience offering seniors programming and services to the Seymour community. We deliver community-based services to over 400 seniors in 17 neighbourhoods east of the Seymour River in the District of North Vancouver.



Staying connected

The Aging and Connected Program will create a foundation to support our aging population with prescribed and focused outreach to higher needs seniors by building bridges between community services, health services and beyond illustrating that we can do more together than apart.

How it works

Social Prescribing is a non-clinical method of support for seniors in the community. We will review any challenges that may be affecting their health and will help seniors gain access to programs and services that meet their specific needs.

Contact Us

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Healthy Aging

by United Way At home. In community.

Aging and Connected at Parkgate Society is a Social Prescribing Program funded by the Government of BC and managed by the United Way.

Aging and Connected at Parkgate Society utilizes Social Prescribing as a way to support seniors at risk of frailty and plays an active role in the management of their well-being.



**Healthy
Aging**

by United Way
At home. In community.



Community of Care

Parkgate Society acts as a hub for seniors. Our Aging and Connected staff and volunteers partner with local agencies and healthcare professionals to create a person-centered action plan for individuals. We will follow up with physicians, and families to ensure that they remain part of the plan.



Health concerns



Chronic disease can lead to isolation and frailty for seniors. Social Prescribing aims to create **POSITIVE** change for those with limited mobility, hearing and memory loss, heart disease, arthritis, or mental illness.

Isolation

There are many reasons seniors become **ISOLATED**: English might not be their first, second, or third language. They may be new to the community, live alone, or experience transportation or financial barriers.



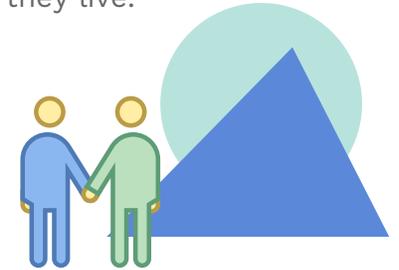
Caring and loss

Seniors who have lost a loved one or are **CARING** for a spouse or adult child can experience depression, anxiety, and decline. **CARING** can leave one feeling exhausted and unable to cope, and often care partners find it difficult to ask for help. A visit with a Community Connector might just change that.



Community Connections

Our **Community Connector** will arrange to conduct a formal intake. During that time they will inquire about health challenges, involvement in the community, use of healthcare, and overall quality of life. The Community Connector will create a person-centered program to best fit the needs of the senior. In this way, community-based services can support seniors to stay healthy and **CONNECTED** right where they live.



Learning and Quality Assurance

We are always interested in improving our programs and services at Parkgate Society. Throughout the Social Prescribing program, we will be working with the United Way to **LEARN** from your experiences with us. In order to do this, we will be collecting data and information on how participants have benefitted from the program.

Parkgate Society
LIVE LIFE BETTER