

Building Momentum Together: Social Prescribing for Caregivers in Alberta

This June, we hit the road with our Alberta partners for an energizing site visit as part of the **Caregiver Rx** journey. From roundtable conversations to strategy sessions, one thing was clear: **social prescribing for caregivers is gaining serious ground.**



What We Learned:

Social prescribing is already making an impact across 13 communities—urban and rural—each shaping the model to meet local needs.

- **Local leadership matters.** Programs are tailored to community realities—no one-size-fits-all.
- **System-level transformation is underway.** Changes within Alberta Health Services are opening doors for new pathways and broader awareness. The focus? Building the soft infrastructure of connection, trust, and collaboration.

What We Heard:

- **Social prescribing is working—and we need more.** The appetite to grow beyond the pilot phase is strong.
- **This is culture change.** From “I do my part” to “we carry this together,” the shift to collective accountability is palpable.
- **Integration is the way forward.** To truly support caregivers, we must keep breaking down silos between healthcare, social services, and community supports.

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Collaboration in Action

The energy was unmistakable—Caregivers Alberta, community partners, researchers, and service providers coming together not just to test a pilot project, but to **co-create a social prescribing movement**. A movement rooted in **trust, relationships, and shared purpose**.



The Journey Forward

This Alberta visit is just the beginning. As we continue site visits across Canada, we're learning what works, facing challenges head-on, and shaping a shared story—**for and with caregivers**.

Let's keep the momentum going. Let's keep building, together.

