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**WORKSHOP ABSTRACT****Strengthening Integrated and Triadic Care through Social Prescribing:  
Insights from the Caregiver Rx Program in British Columbia**

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**Background:** Traditional healthcare models have long focused on the patient-provider relationship. However, this structure often overlooks the critical role that family and friend caregivers play in managing chronic conditions, disability, and age-related frailty. The Caregiver Rx Program in Canada is designed to redefine healthcare by incorporating a “triad of care” approach, where caregivers are recognized as essential partners in care, contributing to holistic, person-centered health outcomes. Supported by the Ministry of Health’s Patients as Partners initiative, Caregiver Rx addresses constraints caregivers face in being identified, referred, and integrated into healthcare as partners. The program leverages social prescribing as a model to embed caregiver support in healthcare systems and drive system-wide transformation.

**Target Audience:** This workshop is designed for healthcare providers, policymakers, caregivers, community leaders, and researchers involved or interested in integrated care and caregiver inclusion. Participants will gain insights into social prescribing, caregiver-inclusive practices, and co-design methodologies that support collaborative, community-centered care models.

**Overview of Initiative:** The Caregiver Rx Program is one of Canada’s pioneering social prescribing initiatives, aimed at increasing caregiver identification and enhancing referrals for support within healthcare. Over the past decade, Caregiver Rx has promoted systemic change by establishing partnerships with primary care providers, training over 600 healthcare professionals, and creating referral tools to facilitate caregiver identification and engagement.

A core feature of the program is its co-design approach, where family caregivers, healthcare and community providers and policymakers collaborate to shape and implement integrated care pathways. This involvement positions caregivers as partners in care, engaging them on advisory boards, focus groups, and training initiatives to ensure solutions are grounded in their lived experiences and address their needs.

The program employs a PDSA (Plan-Do-Study-Act) approach, resulting in successful outcomes such as over 1,000 provider engagements, a 150% year-over-year increase in referrals to the BC Caregiver Support Line, and the establishment of new referral pathways across systems. By focusing on caregivers’ real-life needs, Caregiver Rx demonstrates how integrated care can advance health equity, build resilient communities, and improve health outcomes.

**Workshop Activities:** This interactive 60-minute workshop emphasizes active participant engagement through discussions, group activities, and case study analysis:

**Introduction (15 minutes):** Overview of the Caregiver Rx Program, its goals, and its approach to caregiver inclusion, with a focus on co-design and social prescribing.

**Presentation of Case Studies (15 minutes):** Real-world examples and case studies highlighting the program's impact, adaptability, and tools used.

**Group Work (20 minutes):** Participants discuss applying caregiver-inclusive models in their contexts, considering referral pathways, co-design, and partnerships.

**Feedback and Discussion (15 minutes):** Groups share insights, followed by open discussion on challenges, adaptations, and benefits in diverse settings. Key takeaways and action steps, with an invitation for follow-up collaboration.

**Outcomes:** The workshop will deliver actionable take-home messages:

**Recognition:** Understand caregivers' critical role as partners in care and the benefits of a triadic care model.

**Application:** Gain tools to implement co-design and social prescribing principles.

**Implementation:** Identify strategies for embedding caregiver support in healthcare systems.

**Sustainability:** Leave with resources, replicable models, and contacts to foster caregiver-centered healthcare systems.