

POSITION DESCRIPTION

Position: Participant for Social Prescribing Pilot

Research Study Name: Social prescribing pilot for individuals living with lupus

Are you an individual living with lupus in Canada? If so, are you interested in participating in a new, innovative social prescribing pilot?

Social prescribing is a holistic approach that supports people's overall well-being by connecting them with non-medical services in their community. Instead of focusing only on medicine or clinical treatments, social prescribing helps people find activities, programs, or supports that improve their daily lives. Examples of these activities include exercise groups, art classes, volunteer opportunities, food programs, and social clubs.

A growing body of research suggests that social prescribing can benefit our physical health and mental wellbeing, as well as build stronger social connections. However, one key limitation of the social prescribing programs implemented to date is that the programs do not focus on those living with lupus or any other autoimmune disorders. The gap is concerning, given the complex realities of living with lupus and the clear need for tailored, non-medical supports that can better meet the needs of individuals with lupus.

To address this gap, a team of researchers from the University of Waterloo, Lupus Canada, individuals living with lupus and a rheumatologist from the University of Calgary have worked together to co-produce a social prescribing pilot.

There are three overall objectives of this research study: 1) Co-produce, implement and evaluate a social prescribing pilot for individuals living with lupus in Canada; 2) Evaluate the co-production process; and 3) Assess the pilot's impact on participants' wellbeing.

Participation in this pilot is voluntary, and we are seeking approximately 25 participants for the 6-month pilot. As a participant, you will have regular virtual meetings with your assigned link worker duo. The first meeting will focus on creating a social prescribing plan that fits your wellbeing goals, followed by regular virtual follow-up meetings. Please note that the frequency and duration of meetings will be determined by you and the link worker. You will also be asked to complete a survey before and after the pilot. Finally, you will be invited to a 1-hour in-depth Zoom interview at the end of the 6-month pilot period, where you can share your experiences. You will also be invited to the post-pilot deliberative dialogues, where you can learn about the results of the pilot, share your experience and have a say in the next steps. We anticipate a time commitment of 1-2 hours for the duration of the 6 months.

Please note, participating in the research study is not a substitute for medical advice. Also note that upon completion of the 6-month pilot, it is up to you and your link worker duo to decide whether you would like to stay in touch.

As a token of appreciation, you will receive \$250.

While participation in the pilot may not benefit you directly, we hope that the findings from this study may benefit the broader community.

CRITERIA:

- Identify as an individual living with lupus
- Reside in Canada
- Speak English
- Have access to a stable internet connection and a laptop/smartphone device
- Be 18 years and older

If you are interested in participating in this research study, please complete this screening form: https://uwaterloo.ca1.qualtrics.com/jfe/form/SV_6Lufh1NoUK8pa6i

Please note our goal is to have a very diverse sample in terms of age, gender, ethnic background, educational levels. We encourage everyone who is interested to complete the screening form. If you are not invited to join the pilot, please know that this decision is not a reflection of you or the answers to the screening form. Because this is a pilot project, we have very limited space and can only include a small number of participants at this time.

This position works closely with the research team staff and other link workers.

This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board.

For any questions or for more information, email Satveer Dhillon (PhD Candidate at the University of Waterloo) sk8dhill@uwaterloo.ca