



UMEÅ UNIVERSITY

Social Prescribing in Sweden

Research team:

Anna Sofia Lundgren Professor

Emilia Viklund PhD & PostDoc

Frida Degerstedt PhD & PostDoc

Frida Jonsson Associated professor

Ingeborg Nilsson Professor

Umeå university

Social prescribing = a potato?



Social prescribing = a potato?



Absolut Vodka 1x700ml från Absolut Vodka #1050808 | Sprit



Foto: TV4

Why social prescribing in Sweden

- Loneliness is common among groups of older adults
- Loneliness is a public health concern
- "Frequent attenders" in primary care
- Effective interventions are lacking & requested



Co-created model

- To fit the Swedish welfare system
- Together with stakeholders
 - Primary care
 - Seniors
 - Community
- Focus on loneliness
- Iterative process

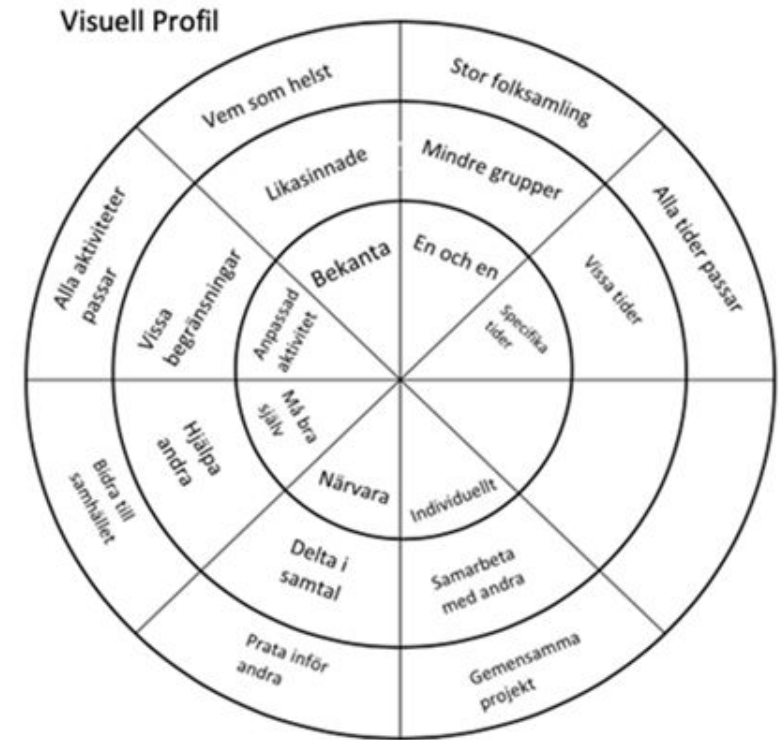
Are you troubled by loneliness?

Identify Visiting the healthcare center

Explore Mapping individual needs, interests and prerequisites for social activities

Prescribe Making a "prescription" with relevant and doable social activities

Follow-up Exploring the experiences. Does it work? Should we try something else?



Lessons learned

Loneliness is a challenging topic

- for those affected
- as a professional

Social needs and activities

- unfamiliar to express
- difficult to identify available activities

Primary care

- few (none) seeks officially help for loneliness
- is an overburdened service

Perspectives we are exploring

- Senior's perspective
- Prescriber's view
- GP's role
- Feasibility
- Process evaluation
- The sensitive topic of loneliness

Published articles: Social prescribing in Sweden

- Johansson E, Jonsson F, Rapo E, Lundgren AS, Hörnsten, Å., Nilsson, I. Let's try Social Prescribing in Sweden (SPiS) – an interventional project targeting loneliness among older adults using a model for integrated care: a research protocol. *International Journal of Integrated Care* 21(2), 33. doi:10.5334/ijic.5609.
- Johansson, E., Rapo, E., Nilsson, I. (2021). Can an ecological-transactional systems model in occupational therapy contribute to a social prescribing programme? *Irish Journal of Occupational Therapy*, 49(2), 115-118.
- Rapo, E., Johansson, E., Jonsson, F., Hörnsten, Å., Lundgren, AS., Nilsson, I. (2022). Critical components of social prescribing programmes for older adults - A systematic review. *Scandinavian Journal of Primary Health Care*, 41 (3): 326-342.
- Degerstedt, F., Rapo, E., Viklund, E., Jonsson, F., Lundgren, AS., Nilsson, I. (2024). Prerequisites for social prescribing in Sweden – Stakeholders' perspectives, *Scandinavian Journal of Primary Health Care*, 43(4): 776-785
- Jonsson, F., Viklund, E., Degerstedt, F., Lundgren AS, Nilsson, I. (2026). Unpacking the early implementation of social prescribing in Swedish primary care: a theory informed process evaluation. *Health Promotion International*, Accepted

Financially supported by the Swedish Forte Agency Ref No 2022-00342; Medical faculty, Umeå University, Ref No FS 2.1.6-374-21(B2)

Thank you!

- Please feel free to contact me on:
ingeborg.nilsson@umu.se

