

## **WELCOME TO THE VIRTUAL HEALTHCARE NEIGHBORHOOD (VHN)**

### **WEEK 1 SOCIAL SUPPORT**

#### **Outline:**

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be used as a form of social support?**

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## What is Social Support and Why is it Important?

- **Social support** is the physical and emotional comfort given to you by your family, friends, co-workers and others (support system). It's knowing that you are part of a community of people who love and care for you, value you and think well of you



### Who provides social support?

- Many of the people in your life can provide social support. These can include your spouse or partner, children, siblings, other family members, friends,

**co-workers, neighbors, health professionals and sometimes even strangers.**

- **Different people in your life may provide different kinds of support, so it's unlikely that one person can provide all the support you need.**
- **Social support is essential to well-being and can have a profound impact on our ability to cope with life's challenges**

### **THOUGHT CHECK:**

- a) Can you name 2 people who are in your social support system?**
- b) Do you receive 'enough' social support?**
- c) Do you provide social support for 'someone' else?**

## **Using the Virtual Healthcare Neighborhood (VHN)**

- **The VHN can be used to increase your social support. The blog directly connects you to other caregivers and to professionals in healthcare.**
- **You have the ability through the VHN to ask questions to professionals and other caregivers and to review information that should assist you in your caretaking.**

**Please however do not forget to utilize your existing social support systems, attend any groups you would regularly attend, and engage in any activities**