# WELCOME TO THE VIRTUAL HEALTHCARE NEIGHBORHOOD (VHN)

## WEEK 1 SOCIAL SUPPORT

# Outline:

**Page 2: What is social support and why is it important?**

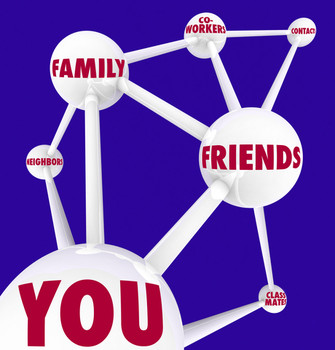
**Page 4: How can the Virtual health care neighborhood(VHN) be used as a form of social support?**

**Page 5: Knowledge check**

**Page 6: Activity**

# 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:

### Can you name 2 people who are in your social support system?

1. **Do you receive ‘enough’ social support?**
2. **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 that help to increase your overall wellness.**

# Knowledge Check:

* **Can you define social support?**
* **Why is social support important?**
* **Can you name 1 use of the VHN to gain social support?**

**Suggested ways to answer these questions:**

* **Respond to the questions in your personal diary**
* **Discuss questions with your partner, friend, or person you are caring for**
* **Create a post on the VHN blog related to the questions**

# Activity:

* **Create a post on the VHN blog**
* **Respond to 2 post on the VHN blog**

***CONGRATS AND THANK YOU* FOR PARTICIPATING IN WEEK 1 (SOCIAL SUPPORT) OF THE VIRTUAL HEALTH CARE NEIGHBORHOOD.**

**THERE ARE A TOTAL OF 3 WEEKS REMAINING WITH TOPICS AROUND “SOCIAL SUPPORT” HOWEVER IF YOU WOULD LIKE MORE INFORMATION PLEASE CONTACT THE FACILITATORS OF THE VHN.**