

Take a Closer Look.

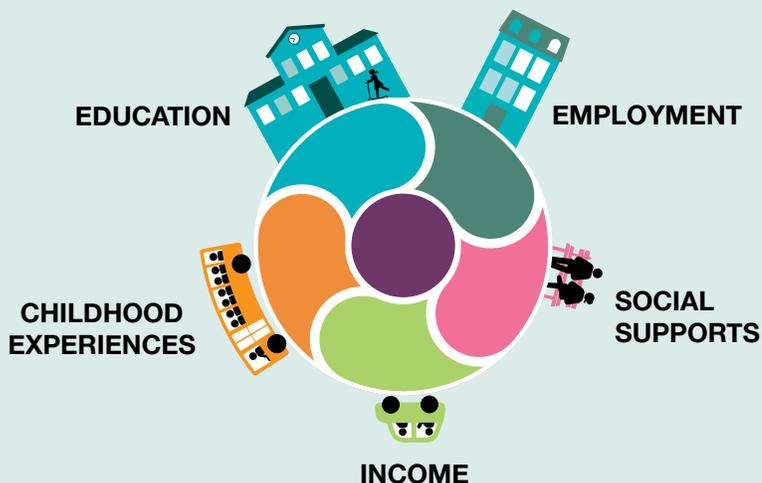
The impact of financial strain on health.

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There are many factors that contribute to our health. Social determinants of health contribute up to 50% of our overall health and wellness while health care is responsible for 25%.

Some social determinants include:



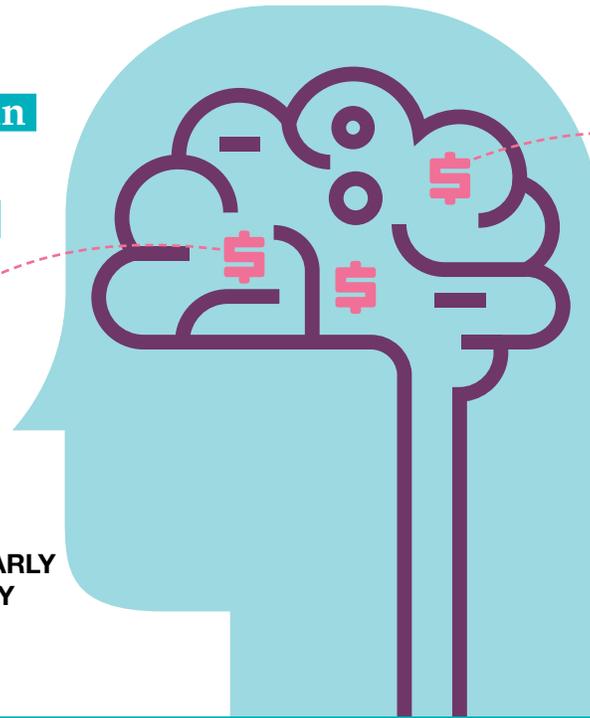
There is strong evidence that lower income affects health outcomes, including:

- Diabetes
- Heart disease
- Early age of death
- Cancer
- Mental Illness



Income is one of the **most important** social determinants that influences health. [Learn more.](#)

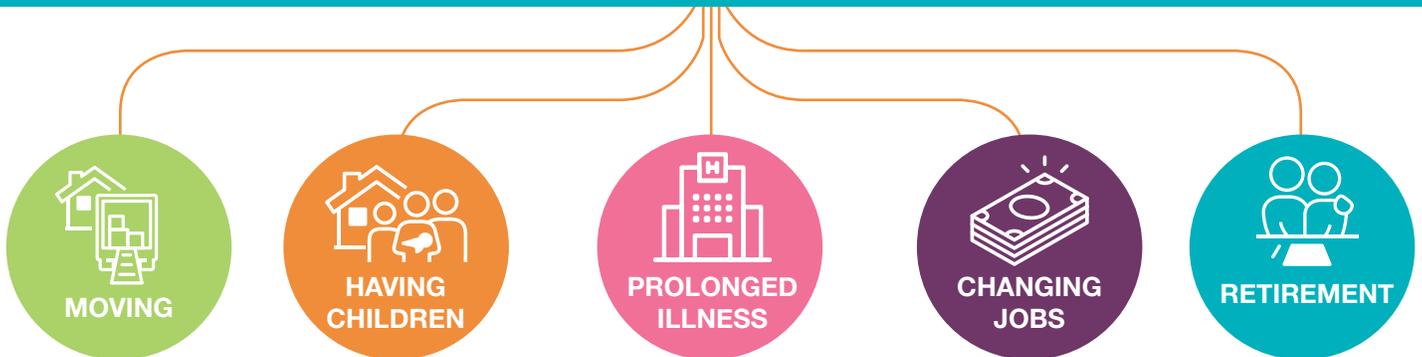
Financial well-being is a feeling of financial security. **Financial strain is when people feel stressed about money.**



*** 38%**
OF CANADIANS ARE REGULARLY STRESSED ABOUT MONEY

*** 55%**
OF ALBERTANS SAY THEY LOSE SLEEP OVER MONEY

Financial well-being is influenced by life events:



Any person in Alberta can have trouble making ends meet.



Community supports, health and care teams belong to an important ecosystem. By developing a holistic, collaborative approach, we can improve financial and overall well-being.

Together, we can:

- Increase our awareness
- Think about, and work with, patients and the community
- Remove our preconceived notions, biases and agendas
- Become more comfortable discussing difficult topics
- Listen to diverse groups and the experiences of community members
- Connect and collaborate with community supports across sectors
- Explore and inform policies and collective strategies for a healthier community

It's all about teamwork.

Together, we can plan for the broader health needs of our communities by co-designing tailored services that help with real world problems.

Explore "What matters to you?"
Remove personal biases and agendas

Come together to explore "what is important to your community?"

Ask about social needs including "do you ever have difficulty making ends meet?"

Listen to the lived experiences of people with financial strain and other social needs

Plan ways to support social needs together.
Explore if they have submitted taxes

Ensure supports are available like help in filing taxes

Explore, co-design and strengthen new or existing assets that support financial well-being. Ensure services are listed on [211](#), and shared with patients.

Document social needs and review progress

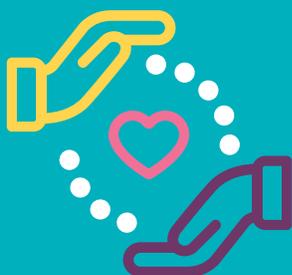
Share stories, review progress and make adjustments together

Partner with your community to better understand unique challenges and collective action

Foster relationships with local clinics/partners and create opportunities for connection

Action with Patients

Action with Communities



No person should stand on their own.
No care provider stands on its own.
No community stands on its own.

We are all a part of an integrated system.

Teams working to Reduce the Impact of Financial Strain (RIFS) took action to promote financial well-being together.

We Learned:

Context matters.

With a more holistic and collaborative approach, conversations shifted both at the community and patient level to what matters most to each individual and how we can improve the overall financial well-being of the community.

LACEY'S STORY

We're all interconnected.

Health professionals, leadership and community partners all play a critical role in improving financial well-being. Teams came together to learn about and connect to services. They discovered ways to collectively take action that better support unique situations of both community and patient.

TARA'S STORY

Empathy.

Teams both at the patient and community level discovered how powerful it is to start from a place of empathy by walking in someone else's shoes. Activities like poverty simulation, journey mapping, personas and listening to stories reduced preconceived notions, biases and agendas.

JOANNE'S STORY

One question can shift the foundation.

Healthcare teams discovered the power of asking one question, "do you ever have difficulty making ends meet?" Building a trusting relationship, and an inclusive environment, allowed patients to have the essential discussions to address the underlying causes impacting health.

BRIAN'S STORY

"We had learned so much about financial strain, the community, and also a process we can use in other areas to continually improve the care we provide. In the end, [do you ever have difficulty making ends meet?] is so much more than just another question."

— Brian's story





Healthy Albertans.
Healthy Communities.
Together.

Learn more about [financial strain.](#)

Fostering conversations about financial strain will improve the overall well-being of Albertans.

**REDUCING THE IMPACT OF FINANCIAL STRAIN IS
A PARTNERSHIP BETWEEN:**

