



Health & Indigenous Elders

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Alzheimer's Disease and Related Dementias in Indigenous Populations in Canada: Prevalence and Risk Factors

<https://www.ccnca-nccah.ca/docs/emerging/RPT-Alzheimer-Dementia-MacDonald-Ward-Halseth-EN.pdf>

This publication provides an overview of Alzheimer's Disease and related Dementia's (ADRDs) among Indigenous peoples of Canada. It discusses the challenges associated with diagnosing dementias in this population, and the risk factors contributing to ADRDs. **(OPEN ACCESS)**

Developing Culturally Grounded Dementia Educational Materials for Indigenous Community-Based Care

<https://vimeo.com/273324232>

This video features Drs' Jacklin and Blind's presentation outlining the development of six culturally relevant fact sheets on dementia and dementia care to be used by Indigenous family caregivers and health care providers and others to promote dementia awareness and care in Indigenous communities. **(OPEN ACCESS)**

Appropriate Approaches to Dementia Care for Indigenous Communities in Canada

<https://www.youtube.com/watch?v=XdmUnoDThmw>

This video features Dr. Jacklin's presentation sharing some of the outcomes from an Ontario research strategy to address a lack of foundational knowledge concerning dementia in Indigenous populations. The focus of this session was on efforts to create a culturally safe model of dementia care appropriate for Indigenous populations. **(OPEN ACCESS)**

Implications of Risk Factors for Alzheimer's Disease in Canada's Indigenous Population

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4597815/>

The objective of this study was to examine and compare the population attributable risk for Alzheimer's disease associated with six modifiable risk factors among Indigenous and non-Indigenous peoples and among on- and off-reserve Indigenous peoples in Canada. **(OPEN ACCESS)**

A Discussion of the Northern Cultural Assessment of Memory (N-CAM): A Protocol Designed to Detect Cognitive Change in Indigenous Peoples

<https://vimeo.com/144396136>

This recording of a presentation given by Dr. Margaret Crossley and Dr. Debra Morgan provides an overview of the Northern Cultural Assessment of Memory (N-CAM) which is intended as a dementia screening protocol for Indigenous Elders. **(OPEN ACCESS)**

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Signs and Symptoms of Dementia: An Indigenous Guide

https://141419f0-5602-433d-85d2-4d5a8ecfd5ec.filesusr.com/ugd/27ba04_63f11dcd595a49edb3a07469d107c03c.pdf

This guide is intended for a non-health care provider audience. It provides information regarding the prevalence of dementia among Indigenous populations as well as considerations related to common barriers to seeking assistance or treatment. **(OPEN ACCESS)**

What is Dementia? Indigenous Perspectives and Cultural Understandings

https://141419f0-5602-433d-85d2-4d5a8ecfd5ec.filesusr.com/ugd/27ba04_7042c9f81bf946feba37b90d9db5261d.pdf

This booklet is intended to assist health care providers understand culturally sensitive ways to communicate with Indigenous persons and their families about dementia. **(OPEN ACCESS)**

Cultural Understanding in the Provision of Supportive and Palliative Care: Perspectives in Relation to an Indigenous Population

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3621524/>

This article provides recommendations for non-Indigenous care providers which were reviewed and approved by Mi'kmaq consultants. **(OPEN ACCESS)**

Developing Palliative Care Programs in Indigenous Communities Using Participatory Action Research: A Canadian Application of the Public Health Approach to Palliative Care

<http://eolfn.lakeheadu.ca/wp-content/uploads/2018/05/Developing-palliative-care-programs-using-participatory-action-research.pdf>

The authors describe the public health approach undertaken to design and implement palliative home care in Indigenous communities. **(OPEN ACCESS)**

An Analysis of Journey Mapping to Create a Palliative Care Pathway in a Canadian First Nations Community: Implications for Service Integration and Policy

Development https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5524242/pdf/10.1177_1178224217719441.pdf

This article discusses the urgent need to develop palliative care programs in First Nations communities and a journey mapping process undertaken in rural Canada to improve the quality of and access to palliative care in the home. **(OPEN ACCESS)**

Completing the Circle: Elders Speak About End-of-Life Care With Aboriginal Families in Canada

<https://journals.sagepub.com/doi/10.1177/082585971002600103>

This articles includes the words spoken by Aboriginal Elders from Saskatchewan, Canada in response to the question, "What would you like non-Aboriginal health care providers to know when providing end-of-life care for Aboriginal families?" **(PAID ACCESS)**

Developing Palliative Care Programs in First Nations Communities: A Workbook

<http://eolfn.lakeheadu.ca/wp-content/uploads/2015/07/Palliative-Care-Workbook-Final-December-17.pdf>

This workbook provides an outline for creating local palliative care programs in First Nations communities with the goal of supporting other First Nations communities interested in developing a palliative care program. **(OPEN ACCESS)**

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Environmental Health Older Adults and Seniors (Elders) Research Paper

http://www.afn.ca/uploads/files/rp-enviro_health_and_older_adults_and_seniors.pdf

This paper from the Assembly of First Nations Environmental Stewardship Unit investigates older adults' particular vulnerabilities to environmental contaminants. (OPEN ACCESS)

“All my Relations”: Experiences and Perceptions of Indigenous Patients Connecting With Indigenous Elders in an Inner City Primary Care Partnership for Mental Health and Well-Being

<https://www.cmaj.ca/content/cmaj/190/20/E608.full.pdf>

This article discusses a qualitative study exploring the impact of patients' encounters with Indigenous Elders on mental health and well-being in a primary care setting. (OPEN ACCESS)

Enhancing Health Care Equity With Indigenous Populations: Evidence-Based Strategies From an Ethnography Study

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5050637/pdf/12913_2016_Article_1707.pdf

The authors utilized an ethnographic design and mixed methods to identify four key dimensions of equity-oriented health service that are the foundation to supporting the health and well-being of Indigenous peoples. (OPEN ACCESS)

Understanding Inequalities in Access to Health Care Services for Aboriginal People: A Call for Nursing Action

<https://cloudfront.valberta.ca/-/media/nursing/about/docs/understandinginequalities.pdf>

This article describes 3 qualitative exploratory research projects investigating Aboriginal people's experiences of access to health care services in the urban, rural and inner city settings. (OPEN ACCESS)

Older Aboriginal Peoples in Canada Demographics, Health Status and Access to Health Care

<https://socialsciences.mcmaster.ca/sedap/p/sedap249.pdf>

This paper includes a summary of previously published data on Aboriginal peoples and 2006 Census information, a comparison of older Aboriginal and non-Aboriginal populations, It concludes with a discussion on issues and challenges in improving health outcomes for older Aboriginal Peoples moving forward. (OPEN ACCESS)

Expanding the Circle of Knowledge Reconceptualizing Successful Aging Among North American Older Indigenous Peoples

<https://academic.oup.com/psychogerontology/article/72/2/248/2632114>

This article examines the relevance of the model of successful aging for Indigenous peoples in North America. (OPEN ACCESS)

Building A Culturally Respectful Health and Social Services System

<https://www.hss.gov.nt.ca/sites/hss/files/resources/building-culturally-respectful-hss-system.pdf>

This document explains the importance of creating a culturally safe system, the continuum to cultural safety and the path to get there. (OPEN ACCESS)

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Cultural Safety: Ethical and Equitable Health Care for Indigenous Patients, Families, and Communities <https://vimeo.com/266497201>

This video recording of a presentation given by Meaghan Fullerton introduces viewers to the concept of cultural safety in Indigenous health care. **(OPEN ACCESS)**

Canada's Most Vulnerable: Improving Health Care for First Nations, Inuit, and Métis Seniors http://www.metisnation.org/media/422632/senior_ab_report_2013_en_final.pdf

This report from the Health Council of Canada provides an overview of issues related to the health disparities between First Nations, Inuit and Métis senior populations. In comparison to the larger Canadian population, a significantly larger proportion of Aboriginal seniors live on low incomes and in poor health, with multiple chronic conditions and disabilities. **(OPEN ACCESS)**

Empathy, Dignity, and Respect: Creating Cultural Safety for Aboriginal People in Urban Health Care https://healthcouncilcanada.ca/files/Aboriginal_Report_EN_web_final.pdf

This publication provides an overview of why cultural competency and cultural safety are needed. It is intended as a primer for health care providers and leaders, governments, and the Canadian public. **(OPEN ACCESS)**

Foodborne and Waterborne Illness Among Canadian Indigenous Populations: A Scoping Review <https://www.canada.ca/en/public-health/services/reports-publications/canada-communicable-disease-report-ccdr/monthly-issue/2017-43/ccdr-volume-43-1-january-5-2017/ccdr-volume-43-1-january-5-2017-enteric-disease-outbreaks-1.html>

This scoping review investigated the link between food safety and the occurrence of foodborne and waterborne illness in Canadian Indigenous populations. Concerns regarding the safety of tap water, food preparation and consumption were reviewed. **(OPEN ACCESS)**

"Hunger was Never Absent": How Residential School Diets Shaped Current Patterns of Diabetes Among Indigenous Peoples in Canada

<https://www.cmaj.ca/content/cmaj/189/32/E1043.full.pdf>

This article describes common experiences of malnutrition and abuse experienced by Indigenous children in the residential school system in Canada. The long-term consequences and impact on health are explored. **(OPEN ACCESS)**

Traditional Aboriginal Diets and Health

<https://www.ccsa-nccah.ca/docs/emerging/FS-TraditionalDietsHealth-Earle-EN.pdf>

This fact sheet discusses current trends in regards to diet and lifestyle, the benefits of traditional Indigenous diets and how to support traditional diets. **(OPEN ACCESS)**

Aging and Frailty in First Nations Communities

https://www.cambridge.org/core/services/aop-cambridge-core/content/view/4B6372E43596269E457457D223B782D4/S0714980817000319a.pdf/aging_and_frailty_in_first_nations_communities.pdf

The primary objective of the study described in this article was to apply a frailty index that was validated in the general Canadian older population to describe aging experiences in First Nations populations living on-reserve and in northern communities. The results shared are a key step in documenting the experience of older First Nations people at a national level from a First Nations perspective. **(OPEN ACCESS)**

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SAIL Fall Prevention Program for First Nations

<https://www.youtube.com/watch?v=BsvoKWFSoY4&feature=youtu.be>

This video features Dr. Vicky Scott's presentation on the Strategies and Actions for Independent Living (SAIL) program adapted for First Nations communities in British Columbia. The goal of the program for fall and fire prevention was to close an important health gap. **(OPEN ACCESS)**

Safety and Well-Being for Senior Aboriginal Women

<https://www.nwac.ca/wp-content/uploads/2015/06/2011-NWAC-Grandmother-Spirit-Booklet1.pdf>

This resource is intended to help raise awareness of issues of senior abuse in the lives of senior Aboriginal women, their families and communities. It is meant to help promote the safety and well-being of our seniors and Elders, both women and men, and to honour them as they would be traditionally. **(OPEN ACCESS)**

Anti-Aboriginal Racism in Canada

<https://www.youtube.com/playlist?list=PLMU8mevc0omqV2Ksd2gXYbaolAibZuj7M>

This link includes 3 videos of webinars featuring Dr. Charlotte Loppie that explore anti-Aboriginal racism in Canada, how to understand it in historical context, how it affects individuals and communities, and what programs, policy and strategies exist to combat it. **(OPEN ACCESS)**

Aboriginal Elder Abuse in Canada http://www.ahf.ca/downloads/ahfresearchelderabuse_eng.pdf

This paper discusses a study examining the issue of elder abuse in the Aboriginal population in Canada. **(OPEN ACCESS)**

Two-Spirited and LGBTQ Indigenous Health

<https://www.rainbowhealthontario.ca/wp-content/uploads/2016/07/2SLGBTQINDIGENOUSHEALTHFactHeet.pdf>

This handout overviews the unique health needs of sexual and gender minority individuals who identify as indigenous. **(OPEN ACCESS)**

An Introduction to the Health of Two-Spirit People: Historical, Contemporary and Emergent Issues <https://www.nccah-ccnsa.ca/docs/emerging/RPT-HealthTwoSpirit-Hunt-EN.pdf>

This publication provides a comprehensive overview of historical, contemporary and emergent issues related to Two-Spirit health. **(OPEN ACCESS)**

An Examination of Residential Schools and Elder Health

<https://www.yumpu.com/en/document/view/13881044/an-examination-of-residential-schools-and-elder-health-chapter-2>

This report investigates the health of First Nations and Labrador Inuit elders living in their home communities and the impact that residential schools have had on their social determinants of health. **(OPEN ACCESS)**

Aboriginal Peoples and Historical Trauma: The Process of Intergenerational Transmission

<https://www.nccah-ccnsa.ca/docs/context/RPT-HistoricTrauma-IntergenTransmission-Aguiar-Halseth-EN.pdf>

This paper begins by providing an overview of the existing knowledge of trauma, how it is defined, and how it must be conceptualized within the context of Aboriginal people in Canada and the impacts of trauma for generations. **(OPEN ACCESS)**

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Residential Schools and the Effects on Indigenous Health and Well-Being in Canada - A Scoping Review

<https://publichealthreviews.biomedcentral.com/track/pdf/10.1186/s40985-017-0055-6>

The authors conducted a scoping review of empirical peer-reviewed literature investigating the extent and range of research on residential school attendance on specific health outcomes and the populations affected. (OPEN ACCESS)

The Intergenerational Effects of Indian Residential Schools: Implications for the Concept of Historical Trauma

https://www.suicideinfo.ca/wp-content/uploads/2016/09/The-intergenerational-effects-of-Indian_oa.pdf

This paper reviewed research that explored the intergenerational effects of the Indian Residential School (IRS) system in Canada, in which Indigenous children were forced to live at schools where various forms of neglect and abuse were common. Intergenerational IRS trauma continues to undermine the well-being of today's Indigenous population. (OPEN ACCESS)

Residential Schools: The Intergenerational Impacts on Aboriginal Peoples

<https://www.collectionscanada.gc.ca/obj/thesescanada/vol2/OSUL/TC-OSUL-382.PDF>

The author includes the voices of many Indigenous persons to explore the intergenerational impacts of residential schools. Throughout there is an underlying theme of hope. (OPEN ACCESS)

Expanding the Circle of Knowledge Reconceptualizing Successful Aging Among North American Older Indigenous Peoples

<https://academic.oup.com/psychsocgerontology/article/72/2/248/2632114>

This article examines the relevance of the model of successful aging for Indigenous peoples in North America. (OPEN ACCESS)

Data as Medicine: Unlocking Health Information for Older Indigenous Populations

<https://www.youtube.com/watch?v=vZF2ISQLM18>

This video features Jennifer Walkers' presentation describing the data governance and collaboration that has enabled CIHR-funded research looking at aging in First Nations communities across Ontario. The project has been using survey, administrative and community-based qualitative data to produce the first population-level profile of age-related wellness, resilience, multimorbidity, and frailty in First Nations populations in Ontario. (OPEN ACCESS)

The Burden of Cancer Risk in Canada's Indigenous Population: A Comparative Study of Known Risks in a Canadian Region

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206113/pdf/ijgm-4-699.pdf>

This article describes the findings of risk behaviours among Indigenous Peoples in Canada which suggest that the incidence of cancer will increase as the population ages. (OPEN ACCESS)

Continuing Care in Indigenous Communities: Guidebook

<https://www.albertahealthservices.ca/assets/info/seniors/if-sen-ccic-guidebook.pdf>

This guide was created to support the development of continuing care services that support First Nations and Métis unique needs by Alberta Health Services, in partnership and consultation with First Nations and Métis representatives and the Government of Alberta. (OPEN ACCESS)