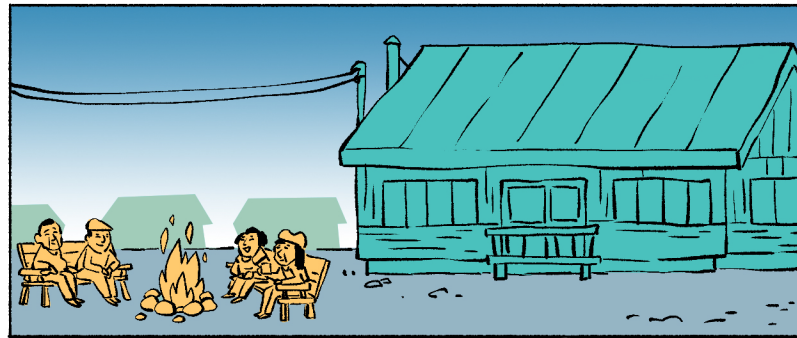
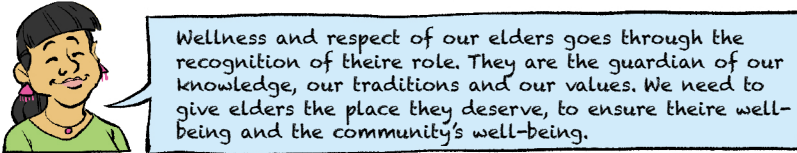
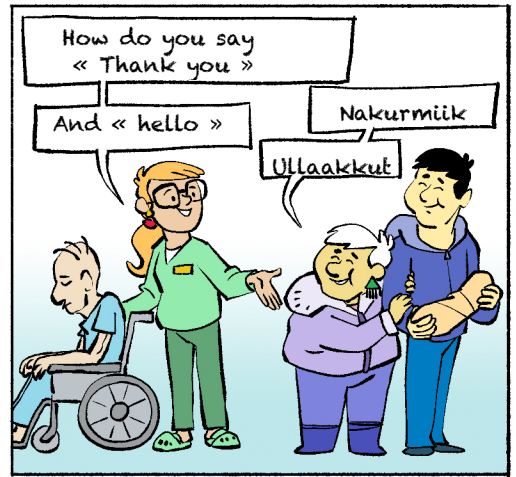
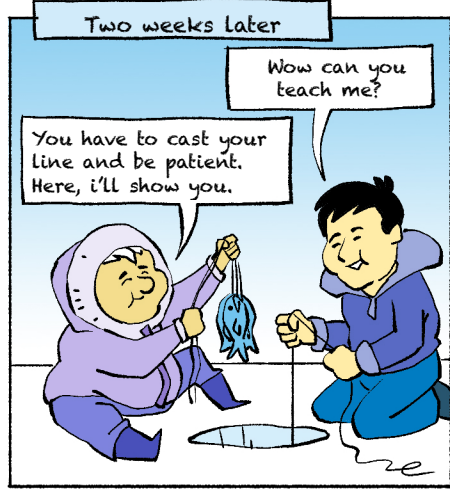
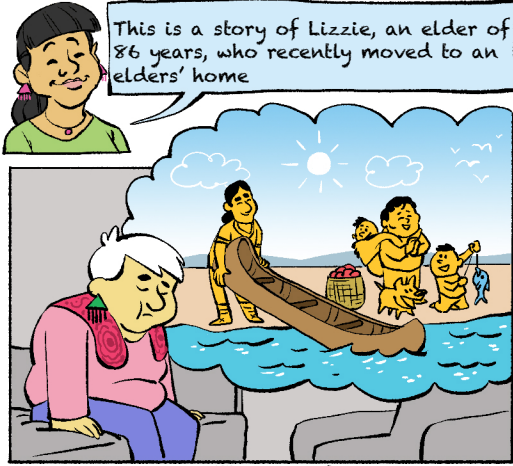


A story of wellness and respect





Elder wellness care is a way of being and acting that emphasizes the well-being of elders, respects their needs, and honors their wishes and choices, including when they choose to decline assistance.

It is expressed through attentions and attitudes respectful of the person's values, culture and beliefs.

How can I ensure the wellness and respect of our elders?

It is important to recognize and acknowledge our elders.

1. Bring them country/traditional food, especially when they cannot go hunting or fishing as often as they used to. Elders also enjoy being visited, as sometimes, they cannot go out as much as before.
2. Encourage elders to participate in planning and preparing all community activities so as to break their isolation.
3. Ensure they can play their leadership role, and that we can give them the space and opportunities to let them achieve what they want for the community.
4. Give them the space and opportunities to make their own decisions.
5. Never assume that you know what elders want; take the time to speak with them to get to know them better and learn about their life.
6. Offer appropriate support in the different areas of elders' lives; supporting them does not necessarily mean doing everything for them.
7. Include elders in cultural revitalization, prevention programs, and especially healing programs.



Wellness and respect are ways to protect our Elders.

**If you believe you are victim of mistreatment
or if you have reason to believe that an elder is victim of it**

Contact your local social services at your CLSC

If your safety is compromise contact:

Police 819-XXX-9111

Nursing station 819-XXX-9090

Comic artist: Sylvain Lavoie

Script Participation: Josée Duplantie, PPA Wellbeing of elders and fight against mistreatment NRBHSSS