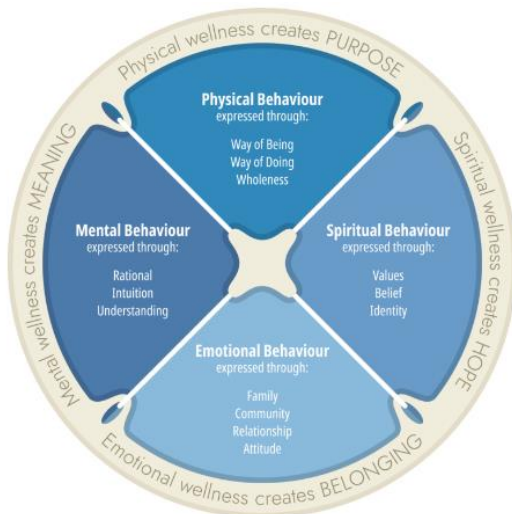


First Nations: Caregiver / Care Partner Considerations

In addition to the information above, please see below considerations.

The Indigenous Wellness Framework is a great reminder that wellness is a balance of the spiritual, emotional, mental and physical, enriched when we find:

- **HOPE** for our future and the future of our families that is grounded in a sense of identity, unique values and a belief in spirit;
- A sense of **BELONGING** and connectedness within our families, our community and our culture;
- A sense of **MEANING** and an understanding of how our lives and the lives of our families and communities are part of Creation and a rich history; and
- **PURPOSE** in our daily lives, whether it is through education, employment, caregiving activities or cultural ways of being and doing.
- As you care for your loved one, remember the unique concepts of the Indigenous Worldview and let these guide you in your caregiver role.



Indigenous Wellness Framework

The IWF is a foundational framework that was developed by Elders and Knowledge Keepers who shared their understanding of what wellness is from an Indigenous point of view.

Spirit

Spirit is in all things. Our spirit, heart, mind and body work together as a whole.

Circle

The circle reminds us that everything is connected and part of a whole. Day is followed by night. Winter is followed by spring, then summer and fall, year after year.

If we look, we can see circular patterns in our own lives.

Harmony and Balance

The world is constantly changing, but it works towards harmony and balance. It's just like when people sing in harmony. The different individual voices blend together beautifully. We learn to balance when we ride a bicycle. We live in harmony and balance with our family, friends and neighbours when we respect each other's differences and care for one another.

All My Relations

We are connected to all things – people, plants, trees, animals and rocks. We are all related to one another and need to look after each other

Kindness/Caring/Respect

Kindness and caring are gifts from the Creator that our spirit carries into this world when we are born. Imagine that. We are naturally kind and caring. When we nurture this gift through our relationships, we learn about respect.

Earth Connection

We're all relatives because we're all part of Mother Earth.

Path of Life Continuum

Life is a journey. Babies learn to crawl and then to run. We grow up and figure out what our purpose is in life and how we can contribute to the life around us. We grow old. We're not alone on our journey because we're connected to our ancestors who came before us and to those who are not yet born.

Language

Our Indigenous languages are a sacred gift from the Creator. So, language is more than just a way of communicating.



Other Caregiver Supports are also **available** including a 24/7 helpline, Peer Support, Webinars, Caregiver Coaching, Online Learning Library, Toolkits for Caregivers:

Caregivers 24/7 Helpline: 1-833-416-2273