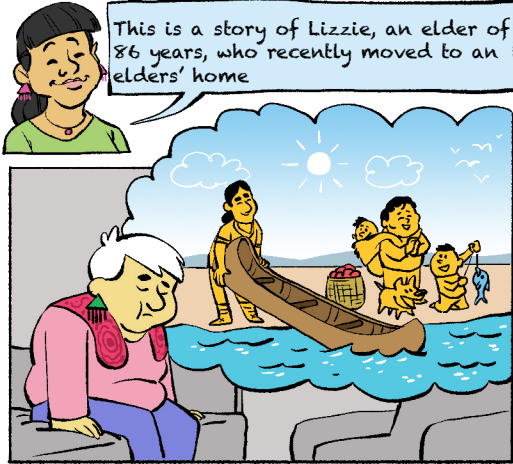


# A story of wellness and respect

This is a story of Lizzie, an elder of 86 years, who recently moved to an elders' home



Fortunately, her grandson visits her. She's teaching him how to make bannock

This is way more interesting than Tik Tok recipes



The residents are pleased to have bannock on the menu

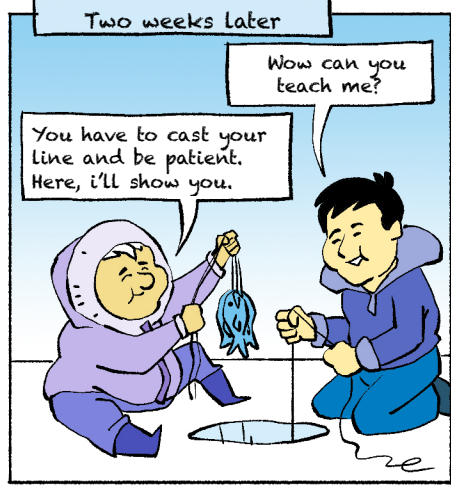
This is going to be delicious



Two weeks later

Wow can you teach me?

You have to cast your line and be patient. Here, I'll show you.



Not all the residents have the same support as Lizzie

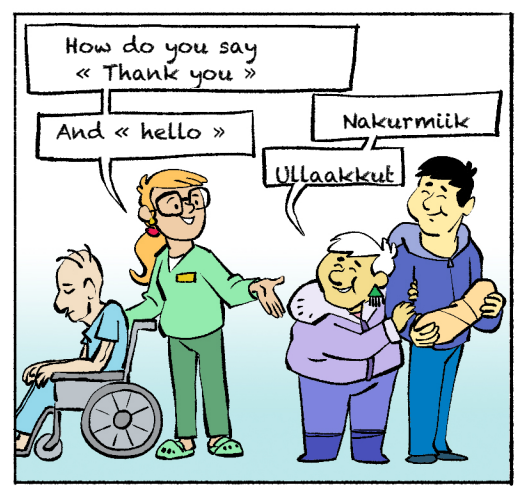


How do you say « Thank you »

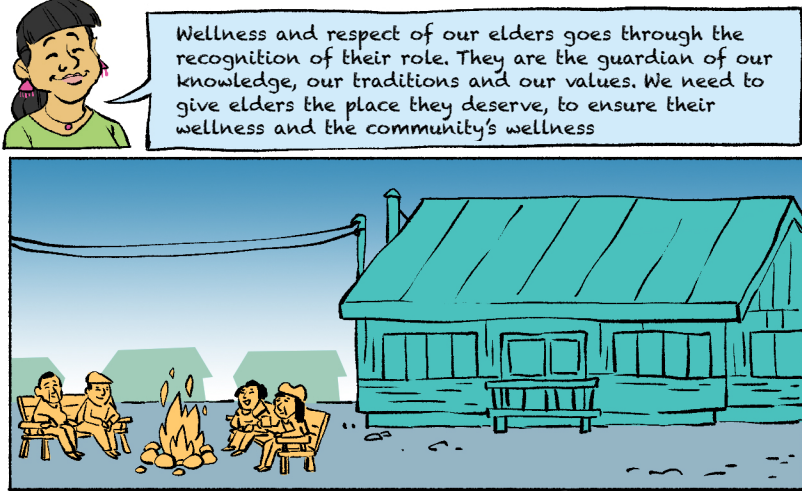
And « hello »

Nakurmilk

Ullaakut



Wellness and respect of our elders goes through the recognition of their role. They are the guardian of our knowledge, our traditions and our values. We need to give elders the place they deserve, to ensure their wellness and the community's wellness



One month later

Grandma, I told my friends about your fishing techniques, do you have other things to teach us?





Elder wellness care is a way of being and acting that emphasizes the wellness 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 being mistreated or if you believe that an elder is in a situation of mistreatment**

**Contact your local social services at your CLSC**

**If your safety is compromised contact :**

**YOUR POLICE SERVICE: 819-XXX-9111**

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