



# Planning with and for Elders

Co-Hosts: Larissa Stendie, Andrew Moore and Sandra Harris

Panelists: Paul Willie, Sharean Van Volsen

10:30am - 11:30am, October 22

Virtual BC Comprehensive Community Planning Workshop 2020

## Topic Overview

**Learning from experiences engaging Elders in CCP processes, how COVID is impacting Elders and how to engage with Elders, and future hopes and solutions to challenges in working with Elders in CCP processes.**

## Key learnings

### 1. Past Activities / Experiences working with Elders

- a. Linked CCP with Treaty process
  - i. Trips to Ottawa, UBC MOA, Victoria Museum to learn about the history and artifacts held in those spaces
  - ii. Pre-planning and debrief meetings with Elders before and after each community trip
- b. Challenge - how to create an engagement that reaches members living in different places - groups in different locations have different priorities
- c. Past CCP activities included: Youth vision video workshop for youth age 10-25, community BBQ gathering, policy meetings (to talk about community planning), chumas and chat (Chumas means something sweet to eat.) so that members can share their ideas and have fun getting together
- d. Annual Elders gathering
  - i. Supporting Elders understand medications
  - ii. Bingo, music

### 2. Current Situation - how is COVID impacting Elders and we engage Elders?

- a. Everything is at a standstill - people aren't as eager to meet with COVID protocols
- b. Movement is limited, so have had to find other ways to reach out and stay connected:
  - i. FaceBook group was created around community and Elder safety
  - ii. Linked with the BC Community Response Network [www.bccrns.ca](http://www.bccrns.ca)
  - iii. Created a virtual traditional medicine teaching workshop - connecting young people with the Elders
  - iv. Women Chiefs stay connected through a FaceBook Messenger group
  - v. The Elders have enjoyed using Zoom to connect
- c. Elders are the most vulnerable group in the community, so social Isolation is a concern - some responses have been:



## Planning with and for Elders

Co-Hosts: Larissa Stendie, Andrew Moore and Sandra Harris

Panelists: Paul Willie, Sharean Van Volsen

10:30am - 11:30am, October 22

Virtual BC Comprehensive Community Planning Workshop 2020

- i. Every month the Elders receive a care package/basket (containing things such as masks, sanitizar, other health products) and are asked how they are doing
- d. It is really difficult for Elders when they have to move into a care home, particularly with COVID, so we are working on a program funded through ISC to support Elders in aging in place - finding ways to prevent Elders from having to go into a care home

### 3. Future hopes and solutions to challenges in working with Elders in CCP processes:

- a. Friendly visits or wellness check-ins by phone, FaceTime, home visits - it is so important to maintain that connection
  - i. Include physical touch if possible - a hug or touch on the back
- b. Have adapted to doing ceremonies (wedding, coming of age, naming, etc.) over Zoom
- c. The community has been great at distribution of traditional food
- d. One-on-one visits are so important
- e. Elders appreciate receiving traditional foods
- f. Provide firewood for Elders and other community members
  - i. Provided an oppportunity for engagement when members came together
- g. Get back to having Island lunches
- h. Many of our Elders are grandparents raising their grandchildren - how can we support them?
  - i. Asking them what they need around safety
    - 1. Ex: Outdoor lighting, stairs, community watch
- i. Supporting Elders with day-to-day things like banking
- j. How do we ensure that nations and individuals are resilient?
  - i. Ex: project developing in Cranbrook - common living spaces for Elders
  - ii. Common housing where friends, family, and community can come and support Elders
    - Can be a great oppportunity of knowledge translation and transmission
- k. How can we build housing suitable for Elders?
  - i. Ensuring that housing is accessible to Elders
  - ii. Creating a healthy environment
  - iii. We need to learn how to go back to traditional knowledge and ways of communicating with one another, decolonize our thinking and go back to traditional protocol to become masters of our own destiny



## Planning with and for Elders

Co-Hosts: Larissa Stendie, Andrew Moore and Sandra Harris

Panelists: Paul Willie, Sharean Van Volsen

10:30am - 11:30am, October 22

Virtual BC Comprehensive Community Planning Workshop 2020

Activities from Menti:

What types of engagement activities did you find worked well with Elders (pre-COVID):

- a. Outings
  - a. Small coffee groups/general visits
  - b. Dinner/lunches
  - c. Focus groups on topics
  - d. One-on-one visits
2. What do you think Elders would like in their basket? (keep in mind Elders living on and off reserve):
- a. Canned fish
  - b. Bannock
  - c. Picture of family
  - d. Gift Cards
  - e. Healthy food
  - f. Homemade cookies
  - g. Cleaning supplies
  - h. Books, magazines
  - i. Beading or art
  - j. Grease
  - k. Crafts
  - l. Warm mitts
  - m. Bread, butter, milk
3. What about a virtual basket?:
- a. Time to dance together
  - b. Connection
  - c. Family time
  - d. Air hugs
  - e. Drums
  - f. Videos of kids
  - g. Songs
4. What long-term solutions do you suggest to issues Elder's face:
- a. Love and laughter
  - b. Together with Peers
  - c. Know what they want and get it for them



# Planning with and for Elders

Co-Hosts: Larissa Stendie, Andrew Moore and Sandra Harris

Panelists: Paul Willie, Sharean Van Volsen

10:30am - 11:30am, October 22

Virtual BC Comprehensive Community Planning Workshop 2020

- d. Inter generational
- e. Land based trips
- f. Make elder care part of on-reserve education
- g. Respect! Acknowledgement of their lived histories and memories
- h. More visits
- i. Radio Station - Weekly radio bingo
- j. Language and culture revitalization
- k. Listen to Elders
- l. Ask them what they need
- m. Ask them to share their stories
- n. Pick up and delivery of medications
- o. Multi-generational housing
- p. Self-reliance

## Amazing Quotes

“To know where you’re coming from gives you direction for where you are going” - Paul Willie

“There are only two things we really need to address in life - how do we let go of fear and how do we practice unconditional love?” - Paul Willie

## Further Resources and Links

BC Association of Community Response Networks: [www.bccrns.ca](http://www.bccrns.ca)

Notes by: Cleo Breton & Ali Garnett