

# Fraser Region Aboriginal Friendship Centre Association

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## Promoting Inclusion for Indigenous Elders

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# Agenda



# Projects

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**Elder's  
Lunch + Learn**

**Outreach + Support**

**Inclusion for  
Indigenous  
Elders**

**Grief + Loss  
Support Group**

**Grocery Shopping +  
Food Top Ups**

# Program Delivery + Structure

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## Grocery Shopping + Food Top Up

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Gift Cards

Assistance with grocery shopping  
Grocery list provided by client, shop,  
drop-off at their home.

Emergency assistance provided  
1x/month or as needed

## Elder's Lunch + Learn

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Opening prayer/blessing

Hot homemade lunch

Elders chat, catch-up

Check-in

Education/Skill

Wrap-up/Closing Prayer

Transportation to + from

Collaboration with FH

10 elders

Every 2<sup>nd</sup> Tuesday

11:30am – 2:00pm

# Program Delivery + Structure

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## Grief + Loss Support Group

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Hot homemade dinner  
Opening prayer + smudge  
Drum song  
Check-In  
Topic covered + discussion  
Closing prayer  
Transportation  
Collaboration with FH  
6 – 8 adults  
Every Monday 8 – 10 weeks  
4:30pm – 7:00pm

## Outreach + Support

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1 on 1 in-person visits/check-ins  
Phone calls, emails, texts  
Resources/Education  
Groups  
Cultural Connection  
Transportation/support for appointments  
Outings  
On-going basis/as needed

# Target Clients + Neighbourhoods

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## Population Groups

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First Nations	Homeless
LGBTQ+	Inuit
Indigenous	Status
Addictions	Different
Mental Health	Abilities
Métis	Non-Status

## Neighbourhoods

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Whalley  
Newton  
Guildford  
Fleetwood  
South Surrey  
Cloverdale

Majority of clients = 55+

# Objectives + Milestones

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**Proposed Length of Initiative:** September 2021 – March 2024

**Short Term Goals:** Decreased isolation, emergency support, cultural and spiritual connections, resources, healthy food, socialization, basic needs met, mobility assistance.

**Mid Term Goals:** Something to look forward to, reduction in depression, anxiety, sadness and grief, education, connection with different groups within the Indigenous community, safety

**Long Term Goals:** Overall improvement in mental health, appropriate housing, increased comfort engaging with other communities, reduction of discrimination through education, participation with outside organizations, cultural celebrations, community engagement.



# Objectives + Milestones

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## **Client Focused Objectives**

CCAARRTT Barriers, decrease social isolation, increase social engagement, inclusion and connection, physical and mental well-being, skills development and education, increase self-confidence and awareness



## **Community Focused Objectives**

Build community and understanding through partnerships and referrals, sustainability of Indigenous elder programming, increase awareness of FRAFCA



# CCAARRTT – Barriers to Social Inclusion

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**Communication:** speak their truth, support by phone, text, email, and in-person, emotional literacy, resources/meeting needs, language

**Cultural Connections:** ceremony, prayer, medicines, social gatherings, crafting, drumming and songs, honorariums, culturally significant items, language

**Awareness:** learning about lost cultural practices and where they came from, community events and engagement

**Addictions and Homelessness:** community supports, employment assistance, mental health resources, education, awareness, partnerships

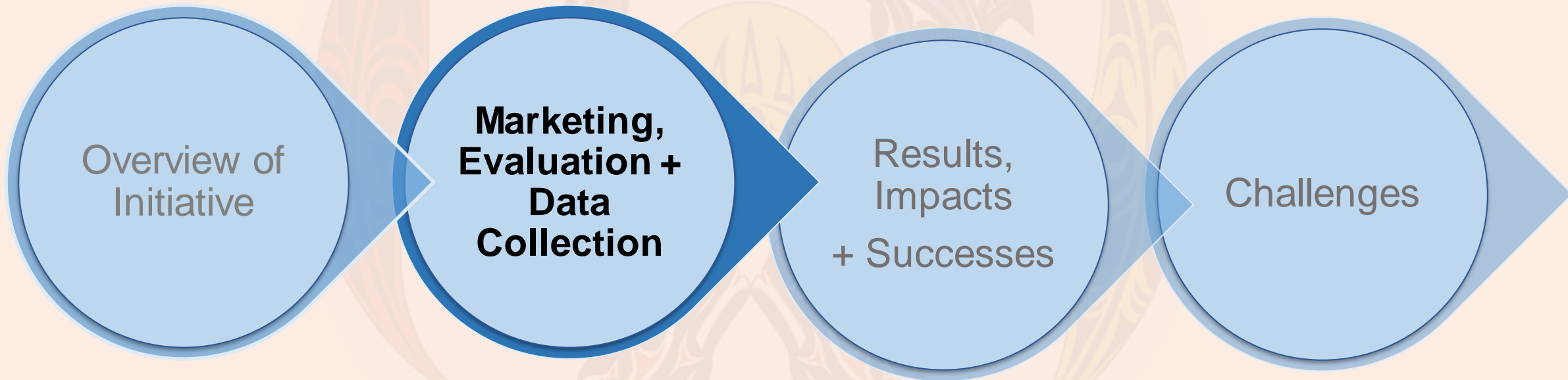
**Racism + Discrimination:** culturally safe environment, decolonization, education and awareness.

**Technology:** iPad/tablet lending, assistance, communication with families during COVID-19

**Transportation:** HandyDart, help getting to and from appointments, taxis, in-house bus service, bus passes

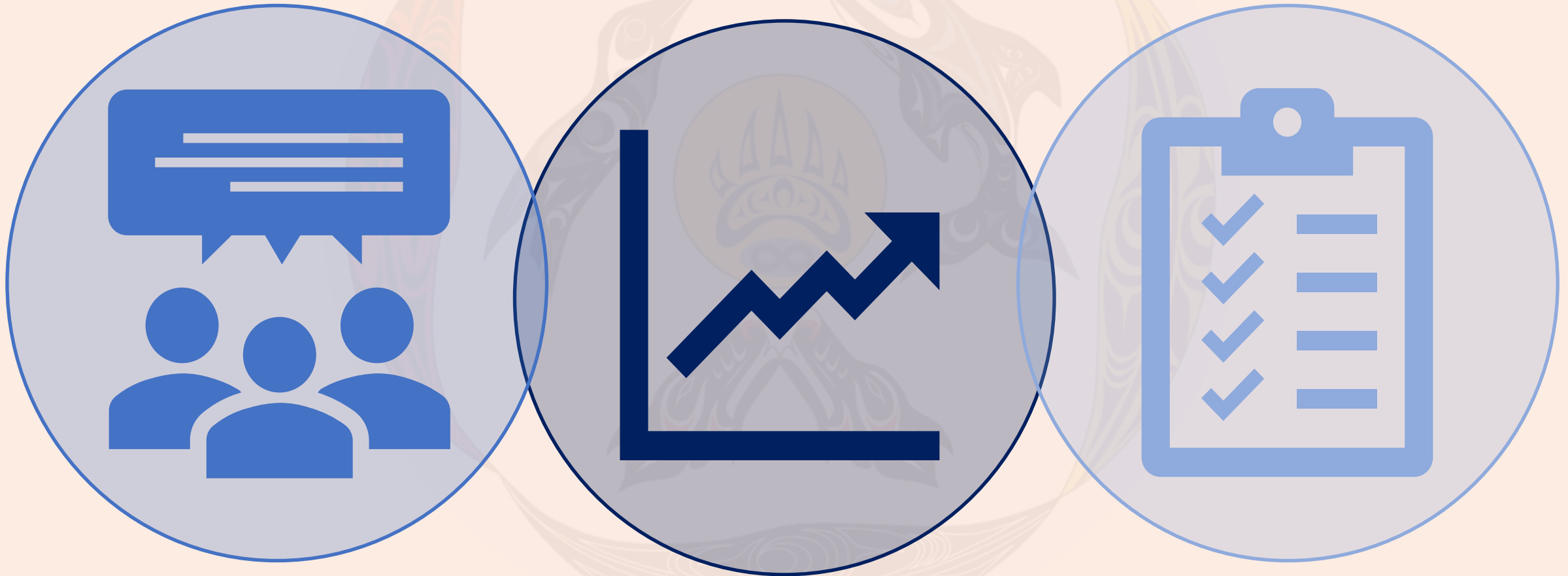
# Agenda

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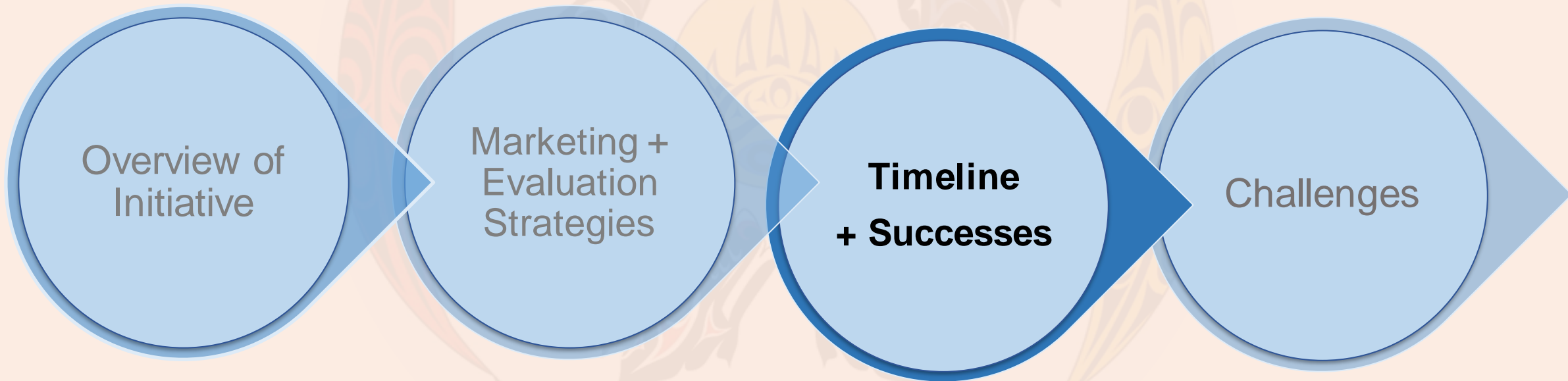
# Marketing, Evaluations, Data Collection

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# Agenda

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# Timeline

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**Jul. 2021**

Started as  
Elder Outreach  
Coordinator

0 clients

**Aug. 2021**

Introduced to  
elders  
1<sup>st</sup> grief + loss  
support group  
begins

6 clients

**Nov. 2021**

2<sup>nd</sup> grief + loss  
support group  
begins  
Elder's lunch +  
learn begins

20 clients

**Dec. 2021**

Elder's  
lunch + learn  
Holiday  
support

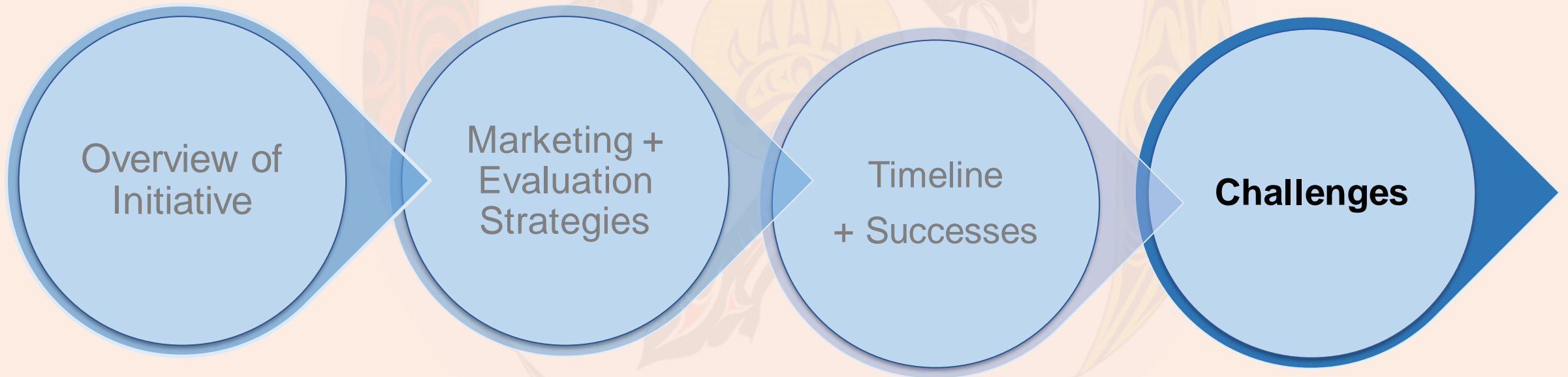
# Successes

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# Agenda

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# Challenges

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# Questions + Comments

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# THANK YOU!

