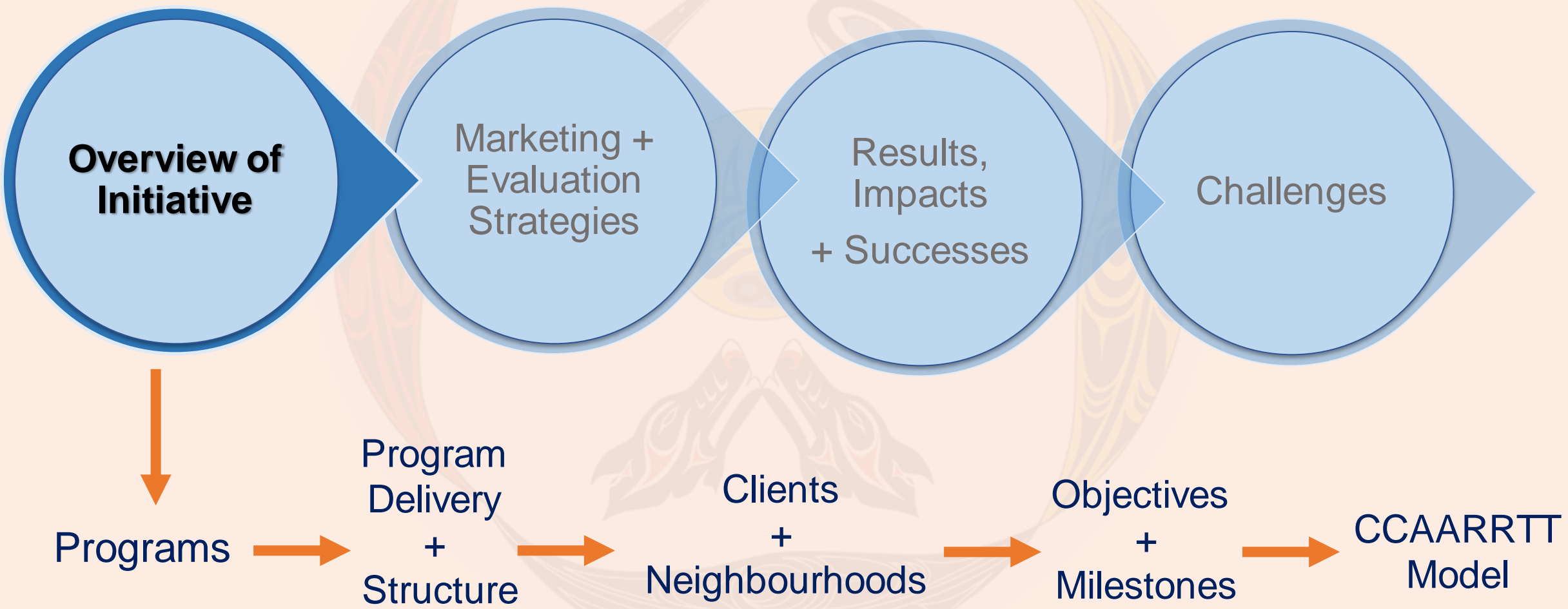


Fraser Region Aboriginal Friendship Centre Association



Promoting Inclusion for Indigenous Elders

Agenda



Projects

**Elder's
Lunch + Learn**

Outreach + Support

**Inclusion for
Indigenous
Elders**

**Grief + Loss
Support Group**

**Grocery Shopping +
Food Top Ups**

Program Delivery + Structure

Grocery Shopping + Food Top Up

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

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 2nd Tuesday

11:30am – 2:00pm

Program Delivery + Structure

Grief + Loss Support Group

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

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

Population Groups

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

Neighbourhoods

Whalley
Newton
Guildford
Fleetwood
South Surrey
Cloverdale

Majority of clients = 55+

Objectives + Milestones

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

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

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

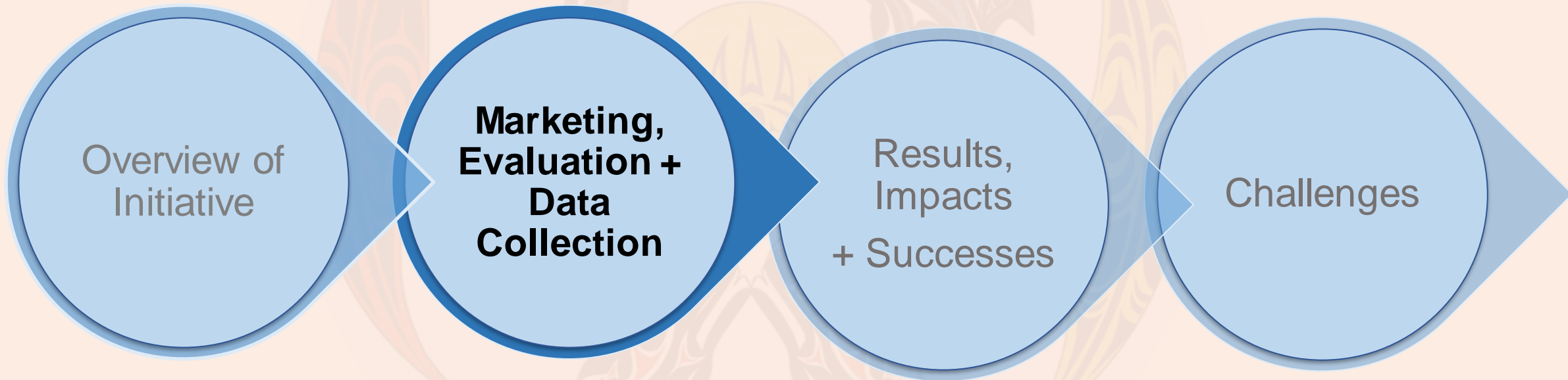
Addictions and Homelessness: community supports, employment assistance, mental health resources, education, awareness, partnerships

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

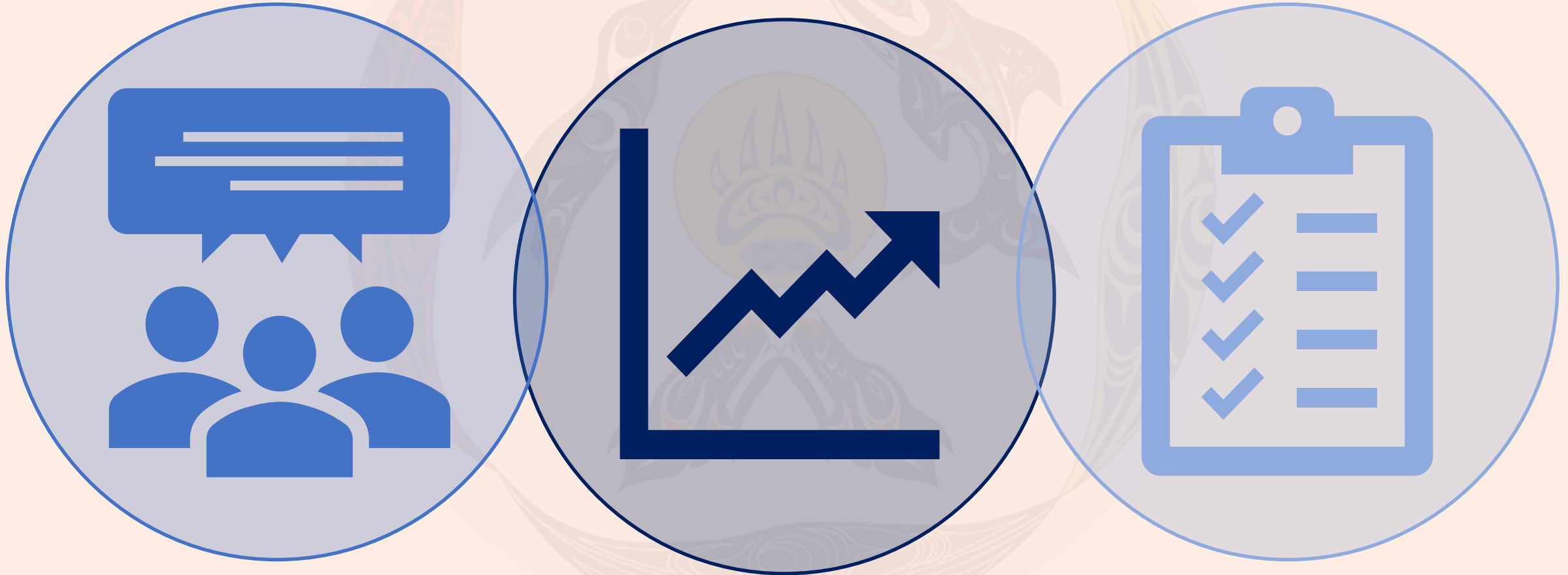
Technology: iPad/tablet lending, assistance, communication with families during COVID-19

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

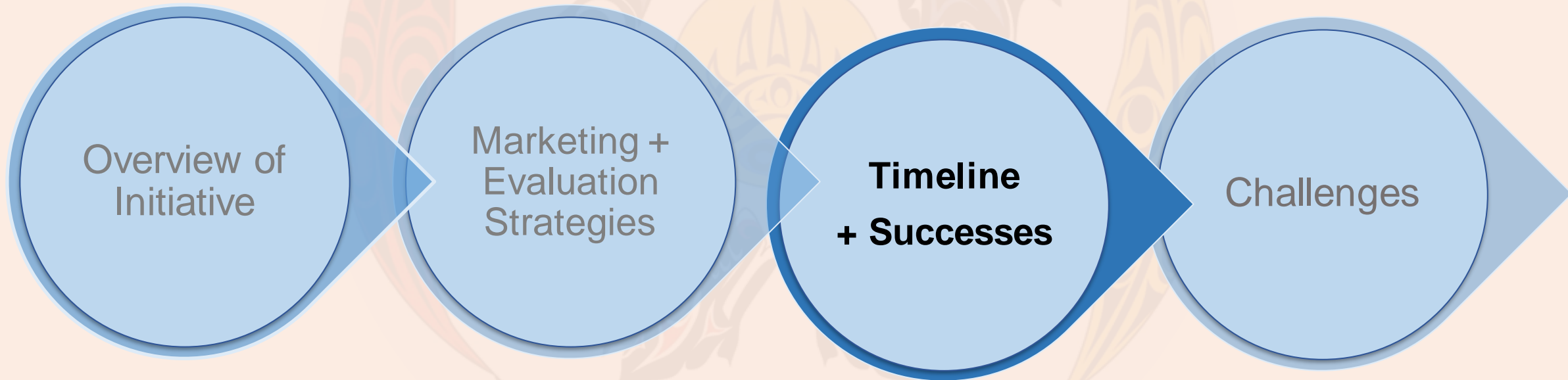
Agenda



Marketing, Evaluations, Data Collection



Agenda



Timeline

Jul. 2021

Started as
Elder Outreach
Coordinator

0 clients

Aug. 2021

Introduced to
elders
1st grief + loss
support group
begins

6 clients

Nov. 2021

2nd grief + loss
support group
begins
Elder's lunch +
learn begins

20 clients

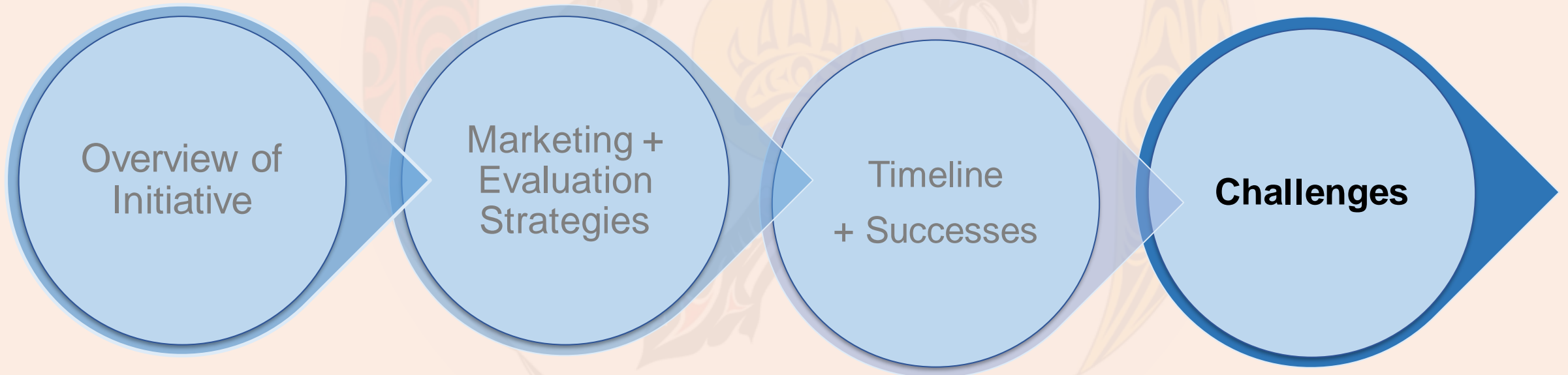
Dec. 2021

Elder's
lunch + learn
Holiday
support

Successes



Agenda



Challenges



Questions + Comments



THANK YOU!

