

The Process

Elders Social Without Walls

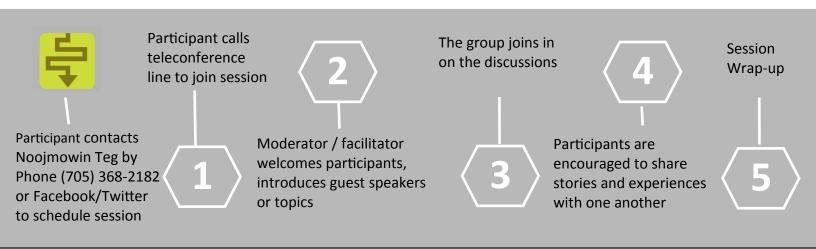


The Challenge

Maintaining relations and social connection is an important part of Indigenous people's overall wellbeing. Social isolation requirements with COVID-19 have made it challenging for First Nations people on Manitoulin Island, especially Elders (aged 55+) and those with physical disabilities, to find opportunities for social connection.

The Solution

- Noojmowin Teg Health Centre recognized the need to facilitate social connection particularly for groups who are typically more isolated in their communities.
- They organized and have started weekly group telephone connections for FN community members to connect and share traditional teachings, stories, experiences and challenges with each other.
- It provides Elders (55+) and people with disabilities an opportunity to engage socially, laugh, stimulate their brain, and connect to professionals in the community.
- Groups are limited to 15 people.



For more information on Elders Social Without Walls, contact: Chantelle Taylor <u>chantelle.taylor@noojmowin-teg.ca</u>