

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.

The Process



Participant calls teleconference line to join session



The group joins in on the discussions



Session Wrap-up

Participant contacts Noojmowin Teg by Phone (705) 368-2182 or Facebook/Twitter to schedule session



Moderator / facilitator welcomes participants, introduces guest speakers or topics



Participants are encouraged to share stories and experiences with one another

