



Keewatinohk Inniniw Minoayawin Inc.

Yathe Hotśj Dene ʔ Edenąkane[nj] | Northern Peoples' Wellness

Supporting Elders During Displacement

Our Elders carry our knowledge, our language, and our strength. In times like these, keeping them safe and comfortable is a way of protecting who we are.



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Displacement can be especially hard on Elders — physically, emotionally, and spiritually. They may be dealing with health issues, confusion about what's happening, or the deep stress of being away from home. Here are some simple ways to offer care and comfort:

- Check in often, a visit, a call, or sitting nearby makes a difference.
- Keep them informed, explain changes gently and clearly.
- Supporting their routines, familiar food, rest, and prayer brings comfort.
- Watch for signs of stress or illness; small changes can mean a lot.
- Make space for stories; listening is a form of respect and healing.
- Help them access services, health care, meds, mobility aids, etc.