



Project Purpose

To **enhance** quality of life of Métis people aging with dementia, and their families/caregivers, through social inclusion in the Métis community of Île à la Crosse.



Objectives

1. To **educate, build awareness, and reduce stigma around dementia** within the Métis community of Île-à-la-Crosse including signs to be aware of, how to act, what to do, and what to say to be helpful to individuals who are aging with dementia.
2. To create **community-driven**, intergenerational pathways (activities & events) for engaging and supporting people aging with dementia that align with Métis community practices.
3. To create an outline/plan that will inform the **future development of a Métis-driven sustainability plan for dementia support in the community of Île-à-la-Crosse.**

Community Garden Progress

Sekwan (Spring)



- Seeds planted and seedlings grown
- Seedlings planted in the greenhouses

Community Dementia Program Progress



- Elder's lodge meeting about community needs
- Local Community Dementia information sessions
- Elders with dementia work with a physiotherapist

Nipin (Summer)



- Different generations work in the garden
- First vegetables are harvested
- Chicken coup is built



- Alzheimer's Awareness Walk

Takwakin (Autumn)



- Lots of vegetables harvested
- ~200 tobacco plants were harvested



- The older generation taught the younger generation to make food from the garden
- The community started gathering once a week at the Elder's lodge to watch information sessions from Alzheimer's Canada

Project Impacts

- Homemade soup made from locally procured foods given to residents living with dementia at long-term care stimulates conversation and memory among the residents. **Homemade food enriches the lives of residents as memories bring comfort to them and their loved ones.**



- We are observing an impact of our dementia programs based on new people that participate by hearing about it through word of mouth or **information gone out through the radio.**

- **Food security:** The success and feeling of independence of feeding the community with fresh garden food and fish from the lake impacts the community because it gives the community food security in both low cost of food and in knowing where it came from.



- This gathering of community members to share food also **brings back memories of how things have been done for generations in the past**, creating social connections with individuals living with dementia (who are often isolated because of this condition).

- **Cultural Security:** Cultural practices have been positively influenced as we were able to grow ~200 tobacco plants that were harvested in the community this fall. The tobacco grown from the garden allows tobacco to come from the communities' own hands when gifting tobacco to the lake, land, and elders, and in other ceremonial practices.

