

ELDERS ROUNDTABLE PRESENTS

Elders Journey

TO COMMUNITY CHANGE ON SIX NATIONS

A two year initiative that will bring together ideas to increase support to senior community members.



Transportation



Outdoor Spaces & public buildings accessibility



Community Support & Social Participation



Non Insured Health Benefits



Housing



Health and Social Services



Respect & Traditional Teachings



Safety & Elder Abuse

FINAL REPORT



ELDER’S JOURNEY SUMMARY REPORT

Six Nations Health Services – Home and Community Care

Completed: February 6, 2019

Respect & Traditional teachings added: May 7th

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SUMMARY OF ELDER’S JOURNEY SESSIONS

ABOUT PARTICIPANTS

# Surveys completed	Female = 241 Male = 69 Total = 310
Age distribution	Under 50 = 20 51-64 years = 75 65-74 years = 133 75+ = 89

Note: Some people attended more than one of the sessions, so they would be counted numerous times as participating in a survey.

SUMMARY OF RESULTS

Housing	<ul style="list-style-type: none"> • 22 of 28 respondents reported just 1 or 2 people living in their household, so overcrowding does not appear to be an issue • Only 6 of 28 respondents reported having accessibility issues with their current living space • 13 people reported having made renovations to house for accessibility issue, 10 of those 13 said it was self-funded • Seniors noted that they need more information about and help accessing the Senior Relief Fund • They also noted that there should be emergency housing, in the event that a residence becomes unlivable (e.g. fire)
Transportation	<ul style="list-style-type: none"> • 27 of the 39 respondents own their own vehicle (69%) • 31 of 39 (79%) have reliable transportation to medical appointments • 8 of 39 (20%) reported having transportation barriers to get to social events • Participants requested a weekly transportation service for seniors to go to Brantford/Hamilton for shopping, or for non-medical purposes
Health and Social Services	<ul style="list-style-type: none"> • 25 of 28 (89%) reported having a family doctor, only 2 of 28 (<1%) do not • 54% have a doctor on-reserve, 43% do not • 64% of respondents “walk” as a physical activity • 21% reported some barriers to accessing health or social services, which included: Lack of funding; No transportation; Barriers to enter buildings; and Lack of advertising of services • Seniors want a swimming pool/gym to promote more healthy/active lifestyle
NIHB	<ul style="list-style-type: none"> • Less than 1% of respondents reported having medical coverage OTHER than NIHB • 7% of respondents said YES they know how to appeal an NIHB decision, 50% said NO they don’t know how (43% did not respond to the question) • Participants requested a full-time NIHB worker • Also some reported that they left the session still not knowing what NIHB is
Safety & Elder Abuse	<ul style="list-style-type: none"> • 49% said they do NOT know where to go for resources or help with an elder abuse issue, compared to 39% who said YES they do know where to go

	<ul style="list-style-type: none"> • 79% said they would like to attend an information session on Elder Abuse and Safety • Respondents said they would like to see an Elder Safety and Abuse officer, who is trained on issue and can take reports
<p>Community Support & Social Participation</p>	<ul style="list-style-type: none"> • Seniors listed barriers to social participation as: <ul style="list-style-type: none"> • Transportation • Lack of info <ul style="list-style-type: none"> ○ Didn't know who to call ○ Lack of advertisement ○ Knowledge of events • Mental health <ul style="list-style-type: none"> ○ Fear of crowds ○ Going alone ○ Depression ○ Social anxiety ○ Shyness • Physical health <ul style="list-style-type: none"> ○ wheel chair accessibility ○ Difficulty walking/breathing • Time • Money • Weather
<p>Outdoor Spaces & Public Buildings Access</p>	<ul style="list-style-type: none"> • 76% said buildings in Six Nations are accessible • 52% said roadways & walkways are NOT safe. • Respondents said that cars are driving too fast, don't stop at cross-walk, need speedbumps in plaza, walkways are uneven or not plowed properly

HOUSING

JANUARY 25TH, 2018

# Attendees	<ul style="list-style-type: none"> • ?
# Respondents	<ul style="list-style-type: none"> • 28
Age Range	<ul style="list-style-type: none"> • 50 or under = 1 • 51-64 = 5 • 65-74 = 17 • 75+ = 6
Sex	<ul style="list-style-type: none"> • Female = 23 • Male = 4
Income Sources¹	<ul style="list-style-type: none"> • Trillium = 4 • Social Security = 4 • Old Age Security = 18 • Canada Pension Plan = 1 • Private Pension = 11 • Ontario Works = 0 • ODSP = 1 • Other = 5
Medical conditions (Check all that apply)	<ul style="list-style-type: none"> • Diabetes = 13 • Cancer = 5 • Stroke = 1 • Heart Attack = 1 • Arthritis = 13 • Chronic Respiratory Disease = 3 • Chronic Pain = 7
Do you require any of the following aids?	<ul style="list-style-type: none"> • Cane = 7 • Walker = 2 • Wheelchair = 1 • Scooter = 1
Have you experienced homelessness in the last 5 years?	<ul style="list-style-type: none"> • Yes = 2 • No = 22
Are you currently on a wait list with Six Nations Housing for a rental unit	<ul style="list-style-type: none"> • Yes = 1 • No = 22
Housing Status	<ul style="list-style-type: none"> • Own = 18 • Rent = 8 • Neither = 1
# people living in household	<ul style="list-style-type: none"> • 1 person = 11 • 2 people = 11 • 3 people = 2 • 4 people = 0 • 5 people = 2
Current living arrangement	<ul style="list-style-type: none"> • With spouse/partner = 11 • With family = 5 • Alone = 11
Are there accessibility issues with your current living arrangements?	<ul style="list-style-type: none"> • Yes = 6 • No = 18
Home requires modifications for	<ul style="list-style-type: none"> • Wheelchair ramp = 6 • Wheelchair lift = 1 • Stair lift = 2 • Lifeline = 2

¹ Participants could select more than one source of income

accessibility/safety? (Check all that apply)	<ul style="list-style-type: none"> Bathroom renovations = 4 Door widening = 1
Do you have concerns about your current residence? (Check all that apply)	<ul style="list-style-type: none"> Septic system = 3 Water = 8 Water heater = 3 Foundation = 4 Roof = 6 Structural issues = 2 Accessibility = 5 Mold = 4 Electrical = 4 Plumbing = 5 Safety = 5 Heating = 4
Does your home have working smoke detectors?	<ul style="list-style-type: none"> Yes = 27 No = 1
What is your potable water source?	<ul style="list-style-type: none"> Community waterline = 12 Well = 7 Cistern = 3 Other = 3
Do you feel safe in your neighbourhood?	<ul style="list-style-type: none"> Yes = 14 No = 7
What would you like to see changed in your neighbourhood?	<ul style="list-style-type: none"> Dogs not coming into yard, barking dogs Clean yards, no junk or cars Speeding Police not present and should be Get rid of GRE (smell, dust, need to follow environmental laws)
How old is your house	<ul style="list-style-type: none"> Under 10 years = 2 11-20 years = 2 21-30 years = 7 31-40 years = 4 41-50 years = 6 51-60 = 1 Unsure = 3
Do you currently have home or rental insurance?	<ul style="list-style-type: none"> Yes = 17 No = 3
Have you had to complete renovations on your home within the last 10 years for safety or accessibility reasons?	<ul style="list-style-type: none"> Yes = 13 No = 9 If so, how was it funded? <ul style="list-style-type: none"> Family/friends = 1 Senior relief fund = 1 Self = 10
Have you ever been denied for home renovations you needed for safety/accessibility	<ul style="list-style-type: none"> Yes = 2 No = 14 If yes, why? <ul style="list-style-type: none"> ○ Make too much money
Is your home the result of a Six Nations Housing Loan	<ul style="list-style-type: none"> Yes = 9 No = 18
Is your home the result of a local bank loan	<ul style="list-style-type: none"> Yes = 1 No = 19
Are you currently in mortgage arrears with Six Nations housing?	<ul style="list-style-type: none"> Yes = 1 No = 13
Additional comments	<ul style="list-style-type: none"> Senior's need help during emergency (power out, weather), may need someone to go out their medication, need generator for respirator

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| <ul style="list-style-type: none">• Need Seniors Complex, independent living but staff around in case assistance is necessary• More help for seniors; property maintenance• Emergency housing (e.g. house lost to fire)• Need information about housing, availability, cost, space, senior relief fund, homecare programs, list of electricians/plumbers, help with how to choose a contractor<ul style="list-style-type: none">○ Needs to be sent by mail/delivered (seniors aren't online)• Need more senior housing• Increase of Senior Relief Fund• Address loose dogs on the trail• Safety rails at all seniors complexes• More property maintenance• Retirement living place |
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TRANSPORTATION

JANUARY 25TH, 2018

# Attendees	<ul style="list-style-type: none"> • ?
# Respondents	<ul style="list-style-type: none"> • 39
Age Range	<ul style="list-style-type: none"> • 50 or under = 4 • 51-64 = 15 • 65-74 = 12 • 75+ = 15
Sex	<ul style="list-style-type: none"> • Female = 30 • Male = 11
Income Sources²	<ul style="list-style-type: none"> • Trillium = 0 • Social Security = 0 • Old Age Security = 15 • Canada Pension Plan = 20 • Private Pension = 11 • Ontario Works = 3 • ODSP = 4 • Other = 12
Where do you live in Six Nations	<ul style="list-style-type: none"> • District 1 = 5 • District 2 = 5 • District 3 = 5 • District 4 = 15 • District 5 = 7 • District 6 = 1
Do you live in the village?	<ul style="list-style-type: none"> • Yes = 12 • No = 27
Where do you live?	<ul style="list-style-type: none"> • In own home = 25 • With family = 2 • Rental unit = 14 • Care facility = 0
What is your source of transportation?	<ul style="list-style-type: none"> • Own vehicle = 27 • Family = 5 • Friend = 4 • Other = 1
If you own your own vehicle, do you have insurance?	<ul style="list-style-type: none"> • Yes = 27 • No = 4
Do you have reliable transportation for your medical appointments?	<ul style="list-style-type: none"> • Yes = 31 • No = 11
Do you use medical transportation?	<ul style="list-style-type: none"> • Yes = 23 • No = 20
Do you have reliable transportation for grocery shopping and other personal errands?	<ul style="list-style-type: none"> • Yes = 29 • No = 9
Do you use a community agency to assist with personal errands?	<ul style="list-style-type: none"> • Yes = 7 • No = 29
Diagnosed medical conditions	<ul style="list-style-type: none"> • Diabetes = 15 • Chronic respiratory disease = 0

² Participants could select more than one source of income

	<ul style="list-style-type: none"> • Cancer = 4 • Heart attack = 4 • Stroke = 3 • Arthritis = 15 • Alzheimer's/dementia = 1
Do you use taxi?	<ul style="list-style-type: none"> • Yes = 5 • No = 36
Do you have transportation barriers that prevent you from attending social events?	<ul style="list-style-type: none"> • Yes = 8 • No = 25
Do you feel you have transportation options as a senior living in Six Nations?	<ul style="list-style-type: none"> • Yes = 16 • No = 15
Apprx. how much do you spend/month on transportation?	<ul style="list-style-type: none"> • \$0-50 = 6 • \$51-100 = 13 • \$101-150 = 4 • \$151-200 = 6 • \$201 = 5
Additional comments	<ul style="list-style-type: none"> • Should have a weekly transportation service for seniors to go to Brantford/Hamilton for shopping • Sidewalks aren't safe • People drive too fast • Plaza sidewalk not plowed well • Golf carts for transport in village • Transportation service for seniors who live independently • Better wheelchair ramps • Need more wheelchair parking • Bus system

HEALTH AND SOCIAL SERVICES

MAY 1ST, 2018

# Attendees	<ul style="list-style-type: none"> • 51
# Respondents	<ul style="list-style-type: none"> • 28
Age Range	<ul style="list-style-type: none"> • 50 or under = 1 • 51-64 = 4 • 65-74 = 9 • 75+ = 12
Sex	<ul style="list-style-type: none"> • Female = 21 • Male = 7
Income Sources³	<ul style="list-style-type: none"> • Trillium = 9 • Social Security = 3 • Old Age Security = 11 • Canada Pension Plan = 13 • Private Pension = 5 • Ontario Works = 0 • ODSP = 1 • Other = 6
Level of education	<ul style="list-style-type: none"> • Elementary = 1 • High school = 7 • College = 11 • University = 6 • Post Graduate = 2
Current living arrangement	<ul style="list-style-type: none"> • With spouse/partner = 6 • With family = 14 • With friends = 1 • Alone = 8
# people living in household	<ul style="list-style-type: none"> • 1 Person = 9 • 2 people = 13 • 3 people = 3 • 4 people = 1 • 5 people = 0 • 6 people = 2
Use of mobility aids	<ul style="list-style-type: none"> • Cane = 11 • Walker = 6 • Wheelchair = 2 • Motorized wheelchair = 2
Diagnosed medical conditions	<ul style="list-style-type: none"> • Diabetes = 16 • Cancer = 1 • Stroke = 4 • Heart attack = 1 • Arthritis = 12 • Chronic respiratory disease = 2 • Alzheimer's/dementia = 0 • Chronic pain = 4 • Kidney disease = 4
Currently have a family doctor?	<ul style="list-style-type: none"> • Yes = 25 • No = 2
Is family doctor located on reserve?	<ul style="list-style-type: none"> • Yes = 15 • No = 12
Are you seeing a specialist?	<ul style="list-style-type: none"> • Yes = 13 • No = 15 <p>If so, what kind?</p> <ul style="list-style-type: none"> ○ Cardiologist ○ Vascular ○ Gastroenterologist ○ Neurologist ○ Urologist ○ Nephrologist ○ Ophthalmologist ○ Transplant ○ Nephrologist ○ Optometrist ○ Physiotherapist

³ Participants could select more than one source of income

<p>Do you require medical transportation to get to your appointments?</p>	<ul style="list-style-type: none"> • Yes = 13 • No = 15
<p>Are you up to date with your immunizations</p>	<ul style="list-style-type: none"> • Yes = 20 • No = 2 • Unsure = 4
<p>Do you currently require home support services? (e.g. nursing, PSW, meals on wheels)</p>	<ul style="list-style-type: none"> • Yes = 4 • No = 21
<p>What physical activities do you participate in?</p>	<ul style="list-style-type: none"> • Walking = 18 • Gym = 3 • Swimming = 6 <ul style="list-style-type: none"> • Pilates = 2 • Yoga = 4 • None = 2
<p>Do you regularly attend social events in the community</p>	<ul style="list-style-type: none"> • Yes = 15 • No = 11
<p>Are you aware of the leisure guide?</p>	<ul style="list-style-type: none"> • Yes = 15 • No = 13
<p>Are there activities you would like to see in the leisure guide?</p>	<ul style="list-style-type: none"> • Yes = 8 • No = 4 <p>If yes, please list</p> <ul style="list-style-type: none"> ○ Learn computer and phones ○ Treaty diplomacy ○ International law ○ Decolonization ○ Indoor swimming ○ Music – ie. Guitar ○ Handicap events ○ One on one therapist ○ Learn about parkinson’s
<p>Do you plan on attending any activities in the guide?</p>	<ul style="list-style-type: none"> • Yes = 17 • No = 2
<p>Are you currently involved in any hobbies?</p>	<ul style="list-style-type: none"> • Yes = 9 • No = 10 <p>If yes, please list</p> <ul style="list-style-type: none"> ○ Karaoke ○ Volunteer ○ Sewing ○ Cooking ○ Sports ○ Gym ○ Fitness ○ Playing cards/games ○ Collecting books ○ Reading ○ Building ○ Design ○ Knitting ○ Pottery ○ Beading ○ Writing ○ Guitar ○ Computers ○ Vehicle repair ○ Spirituality ○ Quilting ○ Moccasins ○ Gardening ○ Movies ○ Horticulture ○ Discussion groups

<p>Are there any barriers to accessing health/social services</p>	<ul style="list-style-type: none"> • Yes = 6 • No = 17 <p style="text-align: center;">If yes, please explain</p> <ul style="list-style-type: none"> ○ Lack of funding ○ No transportation ○ Barriers to enter buildings ○ Lack of advertising of services
<p>Do you feel safe in your home</p>	<ul style="list-style-type: none"> • Yes = 24 • No = 2
<p>Do you feel safe in your neighborhood</p>	<ul style="list-style-type: none"> • Yes = 21 • No = 4 • Sometimes = 2
<p>What changes would you like to see in your neighbourhood?</p>	<ul style="list-style-type: none"> • More social activity • Neighbourhood watch • No 4-wheelers and skidoos • Clean up garbage • Young people clean up ditches for volunteer hours • Loose dogs • Drug dealers gone • Police patrol/presence • More contact with SNEC • Less speeding
<p>Additional comments</p>	<ul style="list-style-type: none"> • Active seniors lodge that includes swimming, exercise, gardening – more upbeat and cheerful than existing lodge • Senior parking at ball diamonds • More active lifestyle for nursing home residents • Dajoh not suitable for seniors, need to listen to seniors on needs they want met • More affordable housing for seniors • Eating more corn, beans & squash, too much sugar, flour • Should ban pesticides and other contaminants • Need more dentists on reserve • Need walk in clinic here • Need to teach people how to grow own gardens, importance of cooking at home • Computer classes at Dajoh (phones, ipads, etc) • Swimming pool/classes for elders • Home visits for flu shots • Long wait times to see case manager, therapist, and services generally • Elderly are afraid to report service workers in case will lose the service • Can use natural medicines, foods to treat issues or immunize – losing our traditional medicine knowledge • Better pay for workers on reserve • Cultural well-being of elders cannot exist without a natural environment • Family to support dying at home

NON-INSURED HEALTH BENEFITS

NOVEMBER 15TH, 2018

# Attendees	<ul style="list-style-type: none"> • 80
# Respondents	<ul style="list-style-type: none"> • 54
Age Range	<ul style="list-style-type: none"> • 50 or under = 4 • 51-64 = 18 • 65-74 = 19 • 75+ = 2
Sex	<ul style="list-style-type: none"> • Female = 37 • Male = 11
Income Sources⁴	<ul style="list-style-type: none"> • Trillium = 3 • Social Security = 8 • Old Age Security = 20 • Canada Pension Plan = 19 • Private Pension = 6 • Ontario Works = 0 • ODSP = 4 • Other = 9
Level of Education	<ul style="list-style-type: none"> • Elementary = 8 • High school = 18 • College = 19 • University = 6 • Post-Graduate = 2
Attended previous Elder's Journey session	<ul style="list-style-type: none"> • Yes = 15 • No = 18
Benefits covered under NIHB⁵ (Check all that apply)	<ul style="list-style-type: none"> • Dental = 25 • Drugs = 24 • Vision Care = 23 • Medical Supplies & Equipment = 13 • Medical Transportation = 19 • Short Term Crisis intervention = 9 • Benefits outside Canada = 3 • Chiropractic Care = 3
Do you have additional health benefit coverage?	<ul style="list-style-type: none"> • Yes = 4 • No = 37
Diagnosed conditions (Check all that apply)	<ul style="list-style-type: none"> • Diabetes = 29 • Cancer = 1 • Stroke = 2 • Heart attack = 6 • Arthritis = 17 • Chronic Respiratory Disease = 8 • Alzheimer's/Dementia = 2 • Chronic Pain = 8 • Kidney disease = 4
Are your current healthcare needs being met through NIHB	<ul style="list-style-type: none"> • Yes = 10 • No = 11 • Somewhat = 7 • Don't Know = 3
If needs are not met, what would you like to see improved?	<ul style="list-style-type: none"> • Everything • Vision/glasses • Dental • Coverage of NEW drugs • All meds covered • Shingles shot for 50+ • Transportation for non-medical • More info on services provided • MORE coverage dental/vision • Food for celiac • Chiropractic • Massage • TB shots • Doctor notes

⁴ Participants could select more than one source of income

⁵ Question did not specify if it was asking respondents which benefits they THINK are covered, or if it's asking which benefits the participants have applied for, or which benefits they think SHOULD be covered. Responses should therefore be considered cautiously.

<p>Is there anything you would change to the Non-Insured Health Benefits⁶</p>	<ul style="list-style-type: none"> • Benefits • Increased budget • Accountability • Appeals process • Pay for everything
<p>Do you know how to appeal or where to go for assistance?</p>	<ul style="list-style-type: none"> • Yes = 4 • No = 27 • Don't know/not sure = 3
<p>Additional comments</p>	<ul style="list-style-type: none"> • Need full-time NIHB worker • I came here to learn NIHB, never learned anything, it was just a bunch of questions, no real answers • Not sure about what non-insured health benefits is • NIHB needs to pay because it's our money they're using/stole • Follow-up timelines on appeals • Quality assurance timelines to length of processing for predetermination • Medical transportation to Toronto • Patient escort needed • Vaccination coverage • Prevention programs for seniors • More chiropractor coverage • Community members are paying for medical equipment but don't know it is covered under NIHB • Ambulance bills • Medication not covered even when there are no substitutes • Physiotherapy coverage • Trifocals not covered • Orthodontic coverage is so limited

⁶ This is how the question is worded on the survey

SAFETY AND ELDER ABUSE

AUGUST 27TH, 2018

# Attendees	<ul style="list-style-type: none"> • 45
# Respondents⁷	<ul style="list-style-type: none"> • 61
Age Range	<ul style="list-style-type: none"> • 50 or under = 4 • 51-64 = 9 • 65-74 = 32 • 75+ = 15
Sex	<ul style="list-style-type: none"> • Female = 51 • Male = 10
Income Sources⁸	<ul style="list-style-type: none"> • Trillium = 12 • Social Security = 8 • Old Age Security = 28 • Canada Pension Plan = 32 • Private Pension = 15 • Ontario Works = 1 • ODSP = 19 • Other = 0
Level of education	<ul style="list-style-type: none"> • Elementary = 8 • High school = 26 • College = 18 • University = 9 • Post-graduate = 3
Attended other Elder's Journey session	<ul style="list-style-type: none"> • Yes = 28 • No = 28
Can you identify possible risk factors for abuse?	<ul style="list-style-type: none"> • Family history of violence = 37 • Financial problems = 40 • Physical impairment = 42 • Cognitive impairment = 33 • Isolation = 41 • Dependency⁹ = 35
Do you know what local resources are available for issues of safety/elder abuse?	<ul style="list-style-type: none"> • Yes = 24 • No = 30
Would you attend a community information session on elder abuse?	<ul style="list-style-type: none"> • Yes = 48 • No = 2
List some of the local resources available for safety and elder abuse¹⁰	<ul style="list-style-type: none"> • Ontario network for the prevention of elder abuse • ADC • LTC • Elder Abuse • Ganohkwasra • Senior Safety line • Crisis line • Women's shelter • Stephanie • Lady at mental health • Doctor • Community support • Police • Victim services • Lifelong care

⁷ People who couldn't attend were still given the opportunity to fill out surveys

⁸ Participants could select more than one source of income

⁹ Not clear what this is referring to. Dependency on others for day to day activities, dependency on drugs/alcohol, etc.

¹⁰ Some of the answers listed indicate that people don't really know where to go for resources regarding elder abuse.

	<ul style="list-style-type: none"> • Family violence centre • Taking care of our own • Elders programs • Advocacy • CMHC • Workshops • Elder abuse centre 	<ul style="list-style-type: none"> • Personal support worker • Social services • Fire/ambulance • Neighbour • Person in a business • Mental health & addictions • Shelter
<p>What would you like to see available for senior safety & elder abuse on six nations?</p>	<ul style="list-style-type: none"> • Special office with trained staff to take reports • Younger people helping out • Lots of programs so they can go out • Safe living • Inter-agency awareness & relationship • Resources booklet • Ramps & safety rails 	<ul style="list-style-type: none"> • Advocate information • Transportation • Drop-in centre for elders who need help • More in-home visits to help elders • Program that promotes togetherness • More senior housing
<p>How do you think we, as a community, can improve senior safety and elder abuse?</p>	<ul style="list-style-type: none"> • More community meetings • Getting younger folks to help • Education • More awareness info sessions • Working committee 	<ul style="list-style-type: none"> • Help them • Honour the Original Ways • Security • Police presence
<p>What would you do if a friend needed some help for safety or elder abuse?</p>	<ul style="list-style-type: none"> • Report to agency • I would help • Call police 	<ul style="list-style-type: none"> • Assist to find resource • Listen to them

COMMUNITY SUPPORT AND SOCIAL PARTICIPATION

AUGUST 30TH, 2018

# Attendees	<ul style="list-style-type: none"> • ?
# Respondents	<ul style="list-style-type: none"> • 86
Age Range	<ul style="list-style-type: none"> • 50 or under = 5 • 51-64 = 15 • 65-74 = 39 • 75+ = 28
Sex	<ul style="list-style-type: none"> • Female = 66 • Male = 21
Income Sources¹¹	<ul style="list-style-type: none"> • Trillium = 17 • Social Security = 17 • Old Age Security = 43 • Canada Pension Plan = 50 • Private Pension = 8 • Ontario Works = 4 • ODSP = 11 • Other = 16
Level of Education	<ul style="list-style-type: none"> • Elementary = 18 • High school = 21 • College = 21 • University = 5 • Post-Graduate = 4
Attended previous Elder's Journey session	<ul style="list-style-type: none"> • Yes = 29 • No = 39
Current living arrangement	<ul style="list-style-type: none"> • With spouse = 18 • With family = 21 • With friends = 1 • Alone = 45 • In LTC = 4 • Senior's Units = 11
# Living in household	<ul style="list-style-type: none"> • 1 person = 36 • 2 people = 24 • 3 people = 7 • 4 people = 4 • 5 people = 3 • 6+ people = 3
Importance of Social Activities¹²	<ul style="list-style-type: none"> • Not at all = 5 • Very = 48 • Extremely = 22

¹¹ Participants could select more than one source of income

¹² There were only the 3 listed options for importance of social activities. There were no options to say "Moderately important" or "Somewhat important"

What is your idea of social participation?	<ul style="list-style-type: none">• Games/Crafts• Get togethers<ul style="list-style-type: none">○ A group○ Visiting○ Dinners, coffee• Attending events<ul style="list-style-type: none">○ Dinner○ Music, dancing○ Programs/workshop○ Seminars○ Community Awareness○ Cultural events, social• Exercise/sports<ul style="list-style-type: none">○ Aquafit○ golfing• Friendship<ul style="list-style-type: none">○ Meet with friends○ Being with others○ Making new friends• Community<ul style="list-style-type: none">○ Meeting people in community○ Attending community events○ Being involved in community○ Connecting with community• Volunteering/helping
What does community support look like?	<ul style="list-style-type: none">• Easily accessible, affordable services• Transportation<ul style="list-style-type: none">○ Good, affordable transportation○ Rides to store○ Seniors getting to visit old friends• Helpful<ul style="list-style-type: none">○ Helping our elders○ Checking up on people○ Home help• Other values<ul style="list-style-type: none">○ Friendly○ Providing encouragement○ Belongingness○ Happiness○ Inclusive○ Acceptance○ Safety○ Dependable

<p>Barriers to social participation</p>	<ul style="list-style-type: none"> • Transportation • Lack of info <ul style="list-style-type: none"> ○ Didn't know who to call ○ Lack of advertisement ○ Knowledge of events • Mental health <ul style="list-style-type: none"> ○ Fear of crowds ○ Going alone ○ Depression ○ Social anxiety ○ Shyness • Physical health <ul style="list-style-type: none"> ○ wheel chair accessibility ○ Difficulty walking/breathing • Time • Money • Weather
<p>List of Community Supports</p>	<ul style="list-style-type: none"> • White Pines • New Directions • Qualia • GREAT • Long-term care home and staff • Home & Community Care <ul style="list-style-type: none"> ○ Meal prep, housekeeping ○ Snow/grass maintenance • Silver Fox Club • Church • Friends • Family • PSW, Nurse, MHW • Community events, BBQs, Powwow, Fair, Cooking classes • Leisure guide • Adult support system • Aquafit, walking, working out • Knitting circle • IDLA • Gynecology • Adult Day Centre • Mental Health • Food Bank • Miles to Go cancer group
<p>Do you know how to access service/support?</p>	<ul style="list-style-type: none"> • Yes = 38 • No = 7
<p>Additional comments</p>	<ul style="list-style-type: none"> • Shows/movies • Bus trip to Casino Rama • Cards • Transportation • Senior buildings not clean • Walking program • Access to music • More senior housing • Financial support: septic, hydro, propane, gas • Free gym for senior's with equipment • PSW need better supervisors, not trained in housekeeping • Senior's need social visitors • More info on government monies you can apply for • Dajoh senior's room needs to be open later • Mohawk language for seniors

COMMUNITY SUPPORT & SOCIAL PARTICIPATION

Where should information about events and services be shared or posted for Elders to receive this information?	<ul style="list-style-type: none">• Announcements at community events ie. Lacrosse games, social events, craft shows. Community awareness Barriers <ul style="list-style-type: none">• Lack of sidewalks impacts mobility Opportunity <ul style="list-style-type: none">• More sidewalks to increase safety and decrease falls
Are you interested in learning more about mental health & strategies to overcome some of those feelings?	<ul style="list-style-type: none">•
When grieving would you want support from the community? What would that look like for you?	<ul style="list-style-type: none">•

OUTDOOR SPACES & PUBLIC BUILDINGS ACCESSIBILITY

JANUARY 3RD, 2019

# Attendees	<ul style="list-style-type: none"> • 35
# Respondents	<ul style="list-style-type: none"> • 29
Age Range	<ul style="list-style-type: none"> • 50 or under = 1 • 51-64 = 9 • 65-74 = 5 • 75+ = 11
Sex	<ul style="list-style-type: none"> • Female = 19 • Male = 5
Income Sources¹³	<ul style="list-style-type: none"> • Trillium = 5 • Social Security = 5 • Old Age Security = 12 • Canada Pension Plan = 11 • Private Pension = 3 • Ontario Works = 2 • ODSP = 1 • Other = 9
Level of education	<ul style="list-style-type: none"> • Elementary = 6 • High school = 12 • College = 11 • University = 0 • Post-graduate = 1
Attended previous Elder's Journey session	<ul style="list-style-type: none"> • Yes = 16 • No = 9
Do you think the public buildings on Six Nations are accessible?	<ul style="list-style-type: none"> • Yes = 22 • No = 4 <p>If not, what could be improved?</p> <ul style="list-style-type: none"> ○ Bathrooms in Dajoh too small ○ More ramps ○ Improvements on doors
Are the roadways/walkways safe¹⁴	<ul style="list-style-type: none"> • Yes = 12 • No = 15 <p>If not, how could they be improved?</p> <ul style="list-style-type: none"> ○ People don't stop for pedestrians at cross walk ○ Needs to be monitored more by police ○ cars too fast in plaza ○ not enough sidewalks ○ sidewalks are slippery, cracks, upheaval ○ fill in potholes ○ people don't stop at stop sign ○ More lighting ○ More white lines on side of roads
Are the pavements well maintained, wide enough to accommodate wheelchairs/walkers	<ul style="list-style-type: none"> • Yes 15 • No = 6
Is the community environment clean	<ul style="list-style-type: none"> • Yes = 17 • No = 7 <p>If not, what should be improved?</p> <ul style="list-style-type: none"> ○ Everyone needs to take responsibility ○ Garbage picked up at park regularly ○ More garbage bins throughout village

¹³ Participants could select more than one source of income

¹⁴ Should have been two separate questions because people have to reply if BOTH are safe. But perhaps one is safe but the other is not.

	<ul style="list-style-type: none"> ○ Roads not cleaned after construction ○ Ditches dirty ○ Chiefswood park, Veterans park ○ Dump on 4th line
Are public areas well-kept, maintained and easily accessible for people with varying abilities	<ul style="list-style-type: none"> ● Yes = 21 ● No = 2
Do you participate in green space activities, community gardens, walking trails?	<ul style="list-style-type: none"> ● Yes = 3 ● No = 11 <p>If yes, which ones</p> <ul style="list-style-type: none"> ○ Gardening ○ Walk in bush
What, if any, issue/opportunity can be done to the roads/streets/sidewalks on Six Nations	<ul style="list-style-type: none"> ● Reporting potholes ● Roads are rough ● Red light at pedestrian walkway ● Wien sidewalks ● Bridge between sunrise court and social services ● Lighting in sunrise court ● Speed bumps in plaza parking lot ● Signs with bigger font ● Monitor speed on roads ● People not coming to complete stop at stop signs
How could this change benefit your social/community participation?	<ul style="list-style-type: none"> ● Community being more safe ● More people can use services ● Scooters better able to get around village ● Promotes more active lifestyle ● Easier accessibility to attend events

RESPECT & TRADITIONAL TEACHINGS

MARCH 2019

# Attendees	<ul style="list-style-type: none"> • 20 	
# Respondents	<ul style="list-style-type: none"> • 29 	
Age Range	<ul style="list-style-type: none"> • 50 or under = 1 • 51-64 = 6 	<ul style="list-style-type: none"> • 65-74 = 9 • 75+ = 14
Sex	<ul style="list-style-type: none"> • Female = 8 • Male = 12 	
Main reason for attending Respect & traditional teachings session i.e. (input/concern/social outing)	<ul style="list-style-type: none"> • Get information on services • Meet new people • Raised traditional with traditional beliefs • Share input 	<ul style="list-style-type: none"> • Curious • Concern for seniors • Family encouragement • Socializing • Life-long learning • Health issues
Attended previous Elders Journey sessions?	<ul style="list-style-type: none"> • Yes=13 • No=7 	
Do you believe participation in this project helped you to network and participate more actively in the community?¹⁵	<ul style="list-style-type: none"> • Yes = 16 • No = 1 • Unsure=3 	
Do you believe project focused on your safety and wellbeing?	<ul style="list-style-type: none"> • Yes = 10 • Somewhat=5 	<ul style="list-style-type: none"> • No=2 • Did not answer=2
How important is your culture/spirituality to you?¹⁶	<ul style="list-style-type: none"> • Extremely Important=13 • Very important=5 	<ul style="list-style-type: none"> • Somewhat Important=1 • Not important at all=1 • Did not answer=1
How important is it for your care provider (present or future) to be aware of your culture /spirituality?¹⁷	<ul style="list-style-type: none"> • Extremely Important=9 • Very important=7 • Not important at all=2 	<ul style="list-style-type: none"> • Somewhat Important=0 • Did not respond=2
How important is it to you to have culturally/spiritually	<ul style="list-style-type: none"> • Extremely Important=9 • Very important=7 • Not important at all=1 	<ul style="list-style-type: none"> • Somewhat important=1 • Did not respond=2

¹⁵ Should have been two separate questions because people have to reply if BOTH helped network and participate. But perhaps people felt they were able to network but not participate more actively

¹⁶ There were only the 3 listed options for importance of culture/spirituality. There were no options to say “Moderately important” or “Somewhat important”

¹⁷ There were only the 3 listed options for importance of culture/spirituality. There were no options to say “Moderately important” or “Somewhat important”

sensitive services in your community?		
Access to religious activities	<ul style="list-style-type: none"> • Yes=18 • No response=1 • No=1 	If not, why? <ul style="list-style-type: none"> ○ No ride
Are your cultural, religious, or spiritual needs being met	<ul style="list-style-type: none"> • Yes = 20 • No = 0 	If not, why? No responses
Is it important to you to learn more about traditional teaching for your health?¹⁸	<ul style="list-style-type: none"> • Yes= 15 • No=1 • Did not respond=2 	
How important is it for you to have places to go in the community to learn more about traditional teachings?	<ul style="list-style-type: none"> • Extremely Important=9 • Very important=7 • Not important at all=1 	
Do you know where to access traditional teachings in the community	<ul style="list-style-type: none"> • Yes=15 • No=2 • Somewhat=1 • Did not respond=2 	If yes, where have you access services <ul style="list-style-type: none"> ○ Longhouse ○ Jay silver heels ○ Feast house ○ Diabetes program ○ Elders ○ Traditional Medicine House ○ White Pines ○ Dr. Karen Hill ○ Juddah's Place ○ Jan Longboat ○ Dajoh ○ ADC ○ Qualia
How could the community make learning about traditional teachings more accessible for elders	<ul style="list-style-type: none"> • Get out there more • Elder and youth gatherings • Hands on outing • Walking through the bush • Contact names available • More teachings 	<ul style="list-style-type: none"> • Awareness/outreach programs • Ads in public news papers • Take to homes • Transportation to polytechnic and Iroquois Lodge • Community awareness week activities
Would you be interested in learning more about any of the following traditional teachings or cultural activities?¹⁹	<ul style="list-style-type: none"> • Good Mind teachings=13 • Three sisters-corn, squash and beans=6 • Language=10 • Social dances and songs=6 	<ul style="list-style-type: none"> • Peace Makers Journey=11 • Medicines=12 • Creation story=10 • Gardening=11 • Cultural crafts=7

¹⁹ Participants could select more than one activity

	<ul style="list-style-type: none"> • Clan system=15 • Importance of corn=7 • Tea Making=8 • Wampum belt=8 	<ul style="list-style-type: none"> • Maple Syrup=9 • Respect=10 • Medicine picking=12 • Snow snake=6 • Traditional foods=8
<p>Are there any other specific traditional teachings you are interested in learning about?</p>	<ul style="list-style-type: none"> • Grief • Women’s roles and responsibilities • Who are clan mothers and community chiefs • Stories behind social dances • Storytelling • Spirituality • Salve making • Language classes for seniors • All of them • Edge of the woods condolence 	
<p>Are there any additional comments you would like to share?</p>	<ul style="list-style-type: none"> • Awareness • Nya:weh for opportunity • Need more info on community supports before I need them • Drivers to drive to Toronto for medical purposes • More staff needed-all programs • I need my own place ASAP • Ceremony names-clan systems • Great Law-importance of uplifting words for youth instead of put downs • Love the big font 	