



Better Health

Keewatin Yatthe Regional Health Authority
MONTHLY HEALTH PROMOTION NEWSLETTER



June 2013 Theme – Elders

Welcome, Tansi, Edlaneté

This edition we focus on Elders.

We hope you find this information useful in making **Better Health** choices.

Share this with you co-workers and clients, and to post in your facility and community.

Send your questions, comments and submissions to:
amanda.laboucane
@kyrha.sk.ca
(306) 235-5833

*Elder Care
Starts with Respect*

Check out
www.preventioninstitute.sk.ca
for links to more
prevention information and
First Nations traditional
teachings resources

Who

Defined as an older person or senior, 65 years of age or older, an “Elder” is a cultural and spiritual guide with gifts of knowledge, wisdom and understanding of Aboriginal ways to pass on through generations.

Health

Today’s seniors are living longer, more active lives than previous generations, yet may still be susceptible to developing and living with chronic conditions. This can lead to higher dependence on families, caregivers and health services. Consult your local clinic or health office for information about available services.

Care

Care required by elderly people depends on health status. Some require more care or support than others. Some maintain their mobility and independence, while others require moderate levels of home care support. Others may need constant care. Determine the needs of Elders in order to provide them appropriate care.

Lessons

Elders possess a wealth of knowledge about traditional and cultural principals, values and beliefs. They are experts at understanding the balance amongst mental, emotional, spiritual, and physical health and well-being, and can greatly contribute to “wholistic” health. The knowledge basis of Elders provides an opportunity for these teachings to be passed on.

Abuse

Elder abuse is any type of maltreatment or neglect towards an Elder, including abandonment or neglect, physical, emotional or verbal abuse, financial abuse, sexual or spiritual abuse. Any type of abuse is harmful to our elders and should be reported right away.

CHRONIC DISEASE

According to the Public Health Agency of Canada, the major risk factors contributing to chronic disease include: high blood pressure, physical inactivity, unhealthy diet, high cholesterol, tobacco use and the harmful use of alcohol.

Chronic disease may include: cardiovascular diseases, diabetes, arthritis, respiratory diseases and several cancers.

Living a health, active and balanced life is important to prevent chronic conditions.