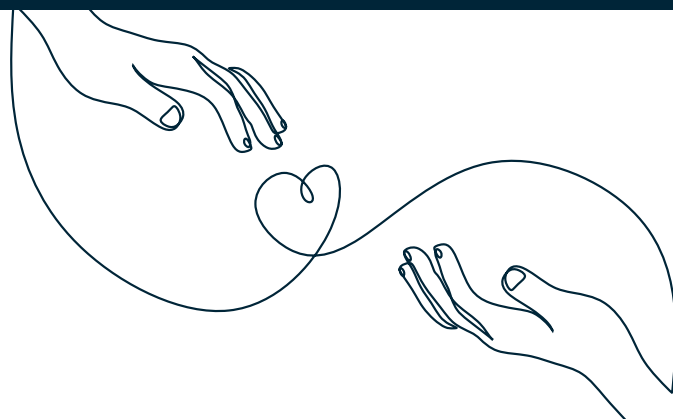




Building Bridges for Healing

Creating a health-care environment that respects and integrates Indigenous perspectives is essential for fostering trust and promoting healing. Here are key principles and actions to ensure culturally safe and equitable care for all.



1 Keep Families and Communities Together

Maintaining the integrity of families and communities is vital for holistic healing. Health-care systems should prioritize policies and practices that support family unity and community cohesion, recognizing their role in individual and collective well-being.

Programs should be designed to minimize disruptions to family structures and ensure that care is accessible within the community. This approach strengthens support networks and fosters a sense of belonging.

2 Avoid Paternalistic Approaches

Health-care providers should avoid imposing solutions or making decisions on behalf of patients without their input. Paternalism undermines trust and disempowers individuals, particularly in Indigenous communities.

Instead, adopt a collaborative approach that respects patient autonomy and values their insights. This ensures care is delivered in a way that aligns with people's needs and preferences.

3 Embrace Culture, Traditions and Language

Integrating cultural practices, traditions and language into health-care delivery is crucial for creating a sense of safety and respect. This includes acknowledging traditional healing methods and incorporating them where appropriate.

Providing care in the patient's preferred language and respecting cultural protocols fosters trust and enhances the effectiveness of health-care interventions.

4 Respect Indigenous Expertise

Indigenous Peoples bring valuable lived experiences and knowledge to health care. Recognizing and respecting that expertise is essential for building equitable partnerships.

Engage Indigenous leaders, Elders and community members in decision-making processes to ensure care is culturally relevant and effective.

5 Embed Indigenous Perspectives

Health-care systems should embed Indigenous values, governance and perspectives into their frameworks. This involves rethinking policies and practices to align with Indigenous worldviews.

By doing so, health-care providers can create environments that are inclusive, respectful and supportive of Indigenous ways of knowing and being.

6 Promote Localized Learning

Providing education and training within Indigenous communities ensures that learning is accessible and relevant. Localized programs empower community members and build capacity from within.

These initiatives should be co-designed with Indigenous stakeholders to address specific community needs and priorities.





Building Bridges for Healing

7**Adopt Strengths-Based Approaches**

A strengths-based approach focuses on the inherent strengths and resilience of individuals and communities. This perspective shifts the narrative from deficits to opportunities for growth and healing.

Health-care providers should identify and build upon these strengths to foster empowerment and positive outcomes.

8**Ensure Patient Autonomy**

Respecting patient autonomy is a cornerstone of ethical health care. Patients should be fully informed and empowered to make decisions about their care.

Providing clear, accessible information and supporting informed consent processes ensures that patients feel respected and in control of their health-care journey.

9**Recognize Human Dignity**

Every individual deserves to be treated with dignity and respect. This principle should guide all interactions within the health-care system.

By fostering a culture of respect, health-care providers can create environments where patients feel valued and supported.

10**Practice Environmental Stewardship**

Recognizing the interconnectedness of all living things is a core value in many Indigenous cultures. Health-care systems should adopt environmentally sustainable practices to honour this connection.

Promoting environmental stewardship not only benefits the planet but also aligns with the values of many Indigenous communities.

11**Provide Equitable Resources**

Ensuring adequate and equitable resourcing is essential for addressing disparities in health-care access and outcomes. Resources should be allocated based on need and in consultation with Indigenous communities.

This approach helps to create a level playing field and supports the delivery of high-quality care for all.

12**Commit to Anti-Racism**

Health-care systems must actively work to dismantle racism and promote equity. This involves addressing systemic barriers and fostering inclusive practices.

Anti-racism training and policies should be implemented to create environments where all individuals feel safe and respected.



Advancing Equity and Healing:

By embracing these principles, health-care systems can foster trust, respect and inclusivity. This approach ensures that care is culturally safe, equitable and aligned with the values and needs of Indigenous communities.

