

# Patient Digital Stories

Creating a new path to Indigenous Health in the Calgary Zone

*“Áttīsīlāts’ādīī” “Barhe Mānībīch” “Aistowaípiiyaóp” “Walking Together”*



*“We can certainly change the path of tomorrow because we have the resilience and motivation to do so.*

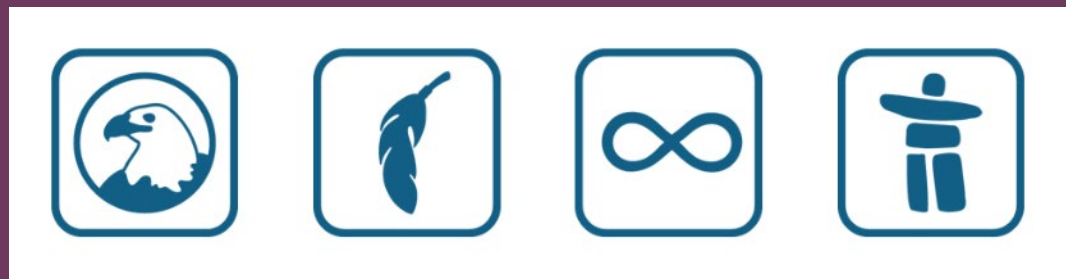
*Together, we can empower each other to work towards this common goal.”*

— *Wisdom Council*

Welcome! Oki! Tansi! Danit'ada! Amba'wastich!

We would like to acknowledge that we are in the traditional territory of the Blackfoot people, and acknowledge the people of the Treaty 7 region in Southern Alberta, which includes the Siksika, the Piikani, the Kainai, the Tsuut'ina and the Stoney Nakoda First Nations.

The larger Calgary Zone where we are planning for today is also home to Inuit and Métis Nation of Alberta, Region 3. It is important to acknowledge the commitments made as a part of the Treaty, and consider what that looks like for each of us today.



## Calgary Zone Indigenous Health Action Plan Patient Digital Stories Summaries and links

Over the past year, AHS Calgary Zone has been developing an Indigenous Health Action Plan in collaboration with Indigenous community partners.

The goal of the Action Plan is to strengthen relationships, and work together with the shared goal of improving health experiences and outcomes for Indigenous peoples. To share what we have learned on this journey and increase awareness on what culturally appropriate care can look like, the Zone has created a series of Indigenous Patient Stories in partnership with Digital Storytelling expert, Mike Lang.

The following provides summary slides and discussion questions for each story.



*“Change happens at the speed of trust”*



W a l k i n g T o g e t h e r

Aistowaípiiyáóp

Creating a New Path

This is a story of health planning and co-design in action with Calgary Zone Indigenous communities.

Harley and Penny share their journey of the process which is centered on trust, relationship building, shared vision and collaboration.

Grounded in ceremony, sacred stories, and a commitment to co-design, they connect with the diversity of urban and rural Indigenous communities to build the Calgary Zone Indigenous Health Action Plan.

Link:

<https://youtu.be/vwoG9m4rMZE>

# Tessy's Story

# Togetherness

Tessy began her journey as a “medical mom” at the age of 19.

As her daughter fought through the first years of her life, Tessy began to learn the significance of mental, physical, emotional and spiritual health.

When she began attending Traditional Ceremonies, everyone around her started seeing a change. She developed strength and confidence she needed to have a quality of life she always desired for her family.

Link:

<https://youtu.be/QVUmVPYe13E>



# BLEACHED

## Robin's Story

Robin shares the challenges and sense of displacement she has experienced as an Urban Métis woman. She speaks about how traditional healing and wellness practices have been essential for her healing journey. She highlights the need to integrate the traditional female wellness practices into the health care system.

Link:

[https://youtu.be/Ukkizeo8F\\_E](https://youtu.be/Ukkizeo8F_E)



# Intergenerational Healing

A Digital Story  
by Shaylene

Shaylene shares her story of resilience and overcoming the effects of Intergenerational Trauma and addiction at a young age.

Using both therapeutic and traditional practices, she continues on her journey to healing.

Link:

<https://youtu.be/HP1gYgKtnal>



# Past & Future

Hal tells the inspirational story of his parents and family and their journey as knowledge keepers and respected traditional healers as transcended through generations.

He shares of how they brought together the healing wisdom of traditional Indigenous spirituality and herbal medicine knowledge with the western healthcare system.

Through humble knowledge translation of Indigenous ways of knowing and being, whole healing is recognized in the partnership shared with western ways

Link:

<https://youtu.be/cKFA350Gfug>

## A Digital Story by Hal: Fred Eagletail's Story





# A Digital Story by the Family of Joe Old Woman

O'tsisina

Joe Old Woman inspired others to focus on what is possible, in every circumstance.

His family shares their story of how their Indigenous community partnered with the Bassano Health Centre to fill Joe's final days with care and compassion in a culturally meaningful way.

Link:

<https://youtu.be/DGXwPv99hfc>



# *There is Hope...*

*A Digital Story by Jeraldine*

This story was gifted to us by Jeraldine, a woman who has discovered strength and healing by celebrating her Indigenous culture.

Having persevered through dark days, she has entered a new season in her life.

Link:

[https://youtu.be/9WRx\\_22Oumk](https://youtu.be/9WRx_22Oumk)

A Digital Story by G



A  
**SAFE**  
PLACE



Having grown up in a negative world of addiction as a result of intergenerational trauma, G makes the decision to break the cycle.

She finds safety, strength and healing by reconnecting with her culture and traditions. As she journeys to sobriety she faces difficult choices

Link:  
<https://youtu.be/zyaKXICeBL4>

# Thank you



*“(We are) thankful for the grace of your openness  
and for sharing your lessons”*

Feedback?

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