



## Access

### Cultural Helpers On Site at the Following Locations:

- Anderson Hall - Edmonton
- Cross Cancer Institute - Edmonton
- Royal Alexandra Hospital - Edmonton
- Lois Hole Hospital-Edmonton
- University of Alberta Hospital - Edmonton
- WestView Health Centre - Stony Plain
- Glenrose Rehabilitation Hospital - Edmonton
- Cultural Helpers will visit other sites on a referral basis.
- Cultural Helpers response time is based on priority.

### Hospital Contact Information:

- Glenrose Rehabilitation Hospital  
780-735-7999
- Royal Alexandra Hospital  
780-735-4119
- U of A Hospital/Cross Cancer Institute  
780-407-8447
- WestView Health Centre – Stony Plain  
780-968-3699



### Cultural Helper Contact Information

#### Office Hours:

**Tuesdays and Thursdays  
8:15 am to 4:30 pm**

Office: 780-735-7999 Ext. 15779  
Email: [tracey.vivier@ahs.ca](mailto:tracey.vivier@ahs.ca)

Glenrose Rehabilitation Hospital  
10230 – 111 Avenue  
Edmonton, AB  
T5G 0B7



Indigenous Health Program Edmonton



## Indigenous Cultural Helper

**Glenrose  
Rehabilitation  
Hospital**

Revised January 2020

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



## Indigenous Health Program Vision & Mission:

**Vision:** Healthy Indigenous Albertans  
Healthy Communities Together

**Mission:** The Indigenous Health Program advocates and partners for accessible, culturally appropriate and safe health services for First Nations, Métis and Inuit peoples of Alberta.

## Cultural Helper Program History:

Over 20 years ago, an Indigenous Wisdom Committee was established in Edmonton to inform health and wellness issues affecting Indigenous people. The integration of Indigenous culture and spirituality in western medicine, bridging understanding and building trust between the two systems culminated into the birth of a new role – the Indigenous Cultural Helper.

## Cultural Helpers:

The Cultural Helpers provide spiritual, emotional, and cultural support to patients and their families.

The team has a balance of men and women with different roles based on a variety of life and work experiences.



## Smudging at Glenrose:

**Tuesdays at 1:30pm  
Room 2177-GlenWest**



## How Smudging Can Help:

- Smudging is a way of praying and seeking blessing from the Creator
- Enhances spiritual well-being and improves mental focus
- Purifies air and the surroundings
- Offers calming and relaxing effects
- Brings positive energy and dispels negative energy
- Helps improve quality of sleep and reduces stress
- Is good when you enter a new phase of life or enter a new home
- Provides blessing during end of life support



## Cultural Helper Services

### Clients & Families:

- Provides patient and family navigation services, family education and support, and liaising with other health care professionals.
- Support traditional ceremonies (provide smudge and prayer upon request)
- Coordinate use of Indigenous cultural gathering rooms.

### Healthcare Providers:

- Collaborates with healthcare providers around spiritual, cultural and other special needs (including mental wellness and addiction supports) of clients and their families to facilitate culturally safe, patient and family centered care.
- Provides information and education on First Nation, Métis and Inuit culture and beliefs to health care providers.
- Support patient, families and staff in family conferences.

### Community Support:

- Seasonal Tipi ceremonies and feasts.
- Provide information and education on First Nation, Métis and Inuit culture and beliefs.
- Patient, Community and Staff sweats are provided.