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## NEWS RELEASE

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Ministry of Health  
First Nations Health Authority

### **New guide supports the health of Aboriginal and First Nations Elders**

PENTICTON – The First Nations Health Authority and the Ministry of Health today released the first edition of the BC Elders’ Guide. This unique health and lifestyle resource is based on the BC Seniors’ Guide and is specifically designed for First Nations and Aboriginal Elders.

“We are proud to support this resource, which will provide valuable information to Elders from throughout the province,” said Health Minister Terry Lake. “Today’s launch is an excellent example of the strong work of the First Nations Health Authority, and the partnerships we have built together to improve the health and lives of British Columbia Elders and seniors.”

The BC Elders’ Guide provides information on provincial and federal programs and community and local resources, with sections on health, lifestyle, housing, transportation, finances, benefits, safety and security, and other services.

“The BC Elders’ Guide acknowledges and respects the traditional ways of Elders, and the immense cultural value they provide to British Columbia,” said Aboriginal Relations and Reconciliation Minister John Rustad. “It is great news for Elders that this guide not only provides a wealth of useful information, but also emphasizes and incorporates the richness of the cultural history of B.C. First Nations and Aboriginal Elders.”

In the guide, Elders share their secrets to aging well, including eating traditional foods and staying active through hunting and fishing. The guide also addresses the importance of nurturing spirit through being engaged in community life and a reminder to keep tobacco use ceremonial.

“Elders play a pivotal role in the health and wellness of our communities and today it is more important than ever they are supported to live long and healthy lives, to provide their guidance, wisdom and support for the next generation,” said First Nations Health Authority Board of Directors Chair Lydia Hwitsum. “We are pleased to have been involved in the production and release of this publication and to ensure its relevance for B.C. First Nations and Aboriginal Elders. This is another great example of the B.C. Ministry of Health and First Nations Health Authority working in a positive partnership on projects of shared interest that will make a difference in the lives of B.C. First Nations and Aboriginal individuals and communities in B.C.”

The publication was launched today by Wickaninnish Clifford Atleo Sr. at the 38th Annual BC Elders Gathering in Penticton to an audience of over 3,500 B.C. First Nations and Aboriginal Elders.

The guide was developed to ensure that Elders, their families and caregivers have access to information about the programs, services and resources that are essential to their health and wellness.

**Learn more:**

To access the BC Elders' Guide, please visit: [www.fnha.ca/eldersguide](http://www.fnha.ca/eldersguide)

For more information on seniors' services in B.C., please visit: [www.seniorsbc.ca](http://www.seniorsbc.ca)

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