

Health and Wellbeing of Indigenous Women Living with HIV

How is Health and Well-Being a Journey?

Lessons learned from the **CHIWOS-PAW** study

Guided by Elders with Water and Animal Teachings

Through a lens of **Two-Eyed Seeing**, we weave together Indigenous Traditional Ways of Knowing and western learnings to support HIV care.

Indigenous Women living with HIV are underserved by current healthcare services, impacting their health and wellbeing.

We asked the Wise Women of CHIWOS-PAW what health providers needed to know about their health journey.

Wise Women shared that health is a constant journey that requires acceptance and love of all parts, involving Indigenous Healing methods for mind, heart (emotional), & spiritual health.

Wise Women asked that healthcare providers be supportive of Indigenous Ways of Knowing to holistically support Indigenous Women throughout their health journeys.

Health and well-being is holistic and connected to:

Heart

Body

Mind

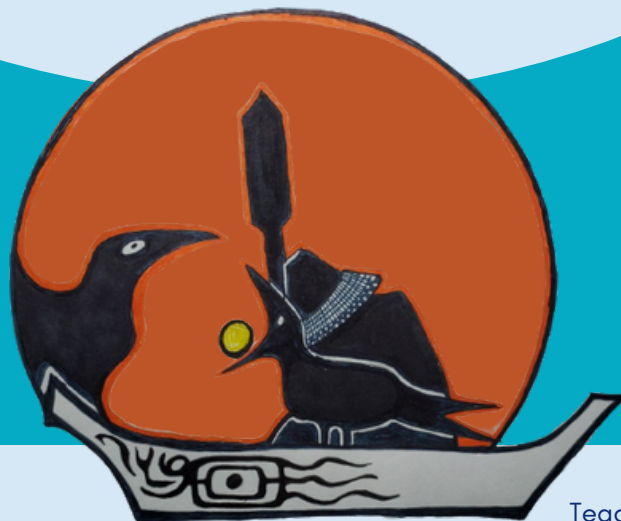
Spirit

The Canoe represents reflection.

We asked CHIWOS-PAW Women what bumps and falls they encountered within the health system and what supported them. Their wisdoms are shared in this poster series.

We follow Indigenized Re-search Methodologies using Water and Animal teachings, to present these findings.

To learn more about what the Wise Women taught us, we share with you this four part poster series.



Art by Dale Stonechild

Teachings remembered from childhood and recently from Elder Fred John.

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How is Health Connected with Traditional Medicines & Ceremony?

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Traditional Medicines are gifts from nature that are to be honoured and respected.

Traditional Medicines and Ceremony are protection from illness and in one's journey.

The Wise Women of CHIWO-S-PAW would like to have **access** and **support** to use Traditional Medicines and Ceremony in their healthcare journeys.

The Wise Women of CHIWO-S-PAW teach us why we need Traditional Medicines and Ceremony:

"I **feel grounded** when I'm able to spend time in nature and use traditional medicines"

"It **supports** my health and wellbeing journey"

"It's **a gift** from Mother Nature to be honoured"

"**Brings me closer** to my community, provider, and body"

The Beaver represents wisdom.

We can learn to care for our community and environment by valuing diversity, advocating for others and working together.

Indigenous Medicines include: sage, tobacco, sweetgrass, cedar, juniper, chaga, devils club, stinging nettle, and more.

Ceremonies like smudging are ways to connect mind, body, heart, and spirit.



Let us work together to weave Wise Women's words and desire to use Traditional Medicines and Ceremony in the care we provide.



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Why are Meaningful Relationships and Community Important?

Lessons learned from the **CHIWO S-PAW** study

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"Inviting **my family and loved ones** into my care journey helps keep me accountable and healthy"

The Wise Women draw strength and support from belonging to a community and having meaningful **relationships** connected with their healing journey.

Connection across generations were a significant source of support for CHIWO S-PAW Wise Women.

Here are some of the important **relationships** that the Wise Women identified:

Sisters

Family

Elders

Children

Community

Peer Support

Healthcare Providers

Trust



The Eagle represents love.

Love is the importance of caring for others and confiding in loved ones for support.



Let us be mindful of Indigenous Women's desire to bring **family, loved ones,** and **community supports** into their healthcare journey while building **trusting relationships** with their care providers.

The desire to mother, give life, and be with their children supported a lot of women through bumps and falls. Some described this as having a responsibility and a purpose to stay on their path.

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How are Healing Health Partnerships Built?

Lessons learned from the **CHIWOS-PAW** study

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We asked the **Wise Women** of the CHIWOS-PAW study what they want health providers to know about their health journey.

"**Respect** our culture and values"

"Our knowledge is our **strength**"

"**Our bodies know** a thing or two about a thing or two about **our health**"

"Take time to learn about colonization and intergenerational trauma. **It is exhausting** to have to continue to explain this."

"We are still here; **we draw strength from our culture**; we are going to grow ever stronger from it'; and we are going to teach others"

"Nothing about us without us"

"We are the ones who live with HIV. **We know our bodies.**"

"Talk to us first, talk to us as an individual and we'll tell you - you don't know us. **Don't make decisions on my behalf.**"

Together we can make change.

As teachers we are learners, and as learners we are teachers.

The Bear represents courage.

It takes courage to make change, to stand strong, and to take care of your health.

The Wise Women expressed **gratitude** towards healthcare providers for their hard work and dedication to supporting women's health and wellbeing.

We are all connected.

Listening to the words and stories of Indigenous Women will build relationships and support their health journeys together.



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